Desserts of Vitality

Extraordinary Non-Dairy Desserts

By Mark Foy
(Food Photographs by Mark Foy)

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00-* Introduction *

Servings: 1

Nutrition Facts
Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

*** Desserts of Vitality: Extraordinary Non-Dairy Desserts ***

** Recipes from the Vitalita Culinary Group Kitchen **

This cookbook comes from the Vitalita Culinary Group (VCG) and contains exclusively vegan-whole food-nutritionally dense desserts. The focus of this book is creating wonderful vegan desserts without gluten (i.e., the protein in many grains such as wheat).

This cookbook (and others by the VCG such as "A Taste of Vitality" which includes mainly savory dishes such as appetizers, salads, and entrees) can be found on the internet at:
http://www.vitalita.com/

Written by Mark Foy (mfoy@vitalita.com)

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This cookbook is a work in progress. To assist in making this cookbook better, please send any suggestions or errors to Mark Foy at:

mfoy@vitalita.com
or
2150 Ashby Ave.
Berkeley, CA 94705-1836 USA.

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The Vitalita Culinary Group is a vegan cooking company which offers personal chef service (including baked goods service), catering, and vegan food consulting in Berkeley, California, USA.

This cookbook is made publicly available in the spirit of a "freeware" cookbook, but if you enjoy this cookbook, you

might consider sending a $10 contribution to show your appreciation. As all proceeds from this cookbook are donated to Vegan Outreach (a non-profit vegan promoting/education group), please send all contributions directly to Vegan Outreach at:

Vegan Outreach
PO Box 30865
Tucson, AZ 85751-0865
USA
http://www.veganoutreach.org/

Some of the recipes in this cookbook were prepared at a cooking demonstration in 1999, and this demonstration is available on video. This video is offered by the organization that ran the conference where this cooking demonstration was presented. To order a video cassette of the "Decadent Gluten-Free Desserts" cooking demonstration by Mark Foy, send $12 to: American Vegan Society; P.O. Box 369; Malaga, NJ 08328 (http://www.americanvegan.org/). Specify that you want the video #B-10 from the 1999 AVS Convention in Boulder, Colorado which contains the cooking demonstration "Decadent Gluten-Free Desserts" by Mark Foy. Specify if you want the US format (regular VHS) or the PAL format (oversees format).

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

00-*Chapter Listing*

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

Desserts of Vitality: Extraordinary Non-Dairy Desserts

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04-Pie Crusts
05-Pies/Tarts
06-Cookies
07-Frozen Desserts
08-Custards
09-Miscellaneous
10-Sauces
11-Epilogue

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

This Free Vegan Cookbook Available at http://www.vitalita.com/

01- ******* NOTES/GLOSSARIES *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

This chapter contains some general vegan cooking/vegan nutrition notes, as well as a glossary to some of the ingredients that are used through this cookbook.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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01-* General Notes *

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

General Notes:

NUTRITION
+ This cookbook is titled "Desserts of Vitality" because the focus of the book is on desserts which provide the body fuel for creating and maintaining an active life style. Most desserts actually deplete nutrients from your body because they contain many "empty" ingredients (e.g., saturated fats, refined flours, refined sweeteners, and dairy products). GOOD DESSERTS DO NOT HAVE TO BE MADE WITH THESE INGREDIENTS! This cookbook proves this by highlighting desserts from many different categories which are just as good as their originals, but are not as damaging to the body.

The desserts in this cookbook completely avoid common allergens such as milk, other dairy products, and eggs. Additionally, most of these recipes do not include other common allergens such as wheat, corn, and yeast. These ingredients often drain energy from people who are allergic to them. "Weak" ingredients are also avoided as much as possible since they are known for depleting a person's energy.

"Weak" ingredients include:
+ refined foods such as:
* refined grains - especially glutinous grains like wheat (most common form is white flour, often called wheat flour since it is made of wheat berries, albeit very refined wheat berries);
* refined sweeteners such as white sugar and confectioner's sugar (most candies and sodas contain refined sweeteners);
+ foods with substantial amounts of caffeine such as coffee, tea, and cola.

These above "weak" ingredients take space in a diet, but do not provide necessary nutrients, and only crowd out good, nutritionally dense foods.

+ Therefore, to promote an active/vital/energetic lifestyle, the emphasis of this cookbook is on cooking with ingredients/foods that are:
- vegan (i.e., free of all animal products, including free of honey);

- whole and unprocessed (e.g., whole grains flours like brown rice flour and amaranth flour - not refined/processed flours like white/wheat flour);
- nutritionally dense (high in vitamins and minerals) (e.g., seeds and nuts - not refined oils and dairy products);
- non-glutinous (e.g., grains like rice, amaranth, millet - not wheat, barley, rye, or corn).

These foods are life-sustaining, providing the body with essential vitamins, minerals, phytochemicals, anti-oxidants, and fiber which are important for maintaining an active lifestyle. The recipes will occasionally call for "weak" foods (i.e., foods with little or no nutrition) such as chocolate and liqueurs, but these are used with the understanding that they are not the main part of the dessert (i.e., used in small amounts) and are primarily used for flavor and to provide the best dessert possible. Even though I tend away from processed foods, certainly for the desserts presented here, flour (which is processed due to the grinding) is used, but I do this to create the best desserts, and the recipes call for exclusively whole-grain flours. Additionally, in the desserts, I almost always use non-glutinous grain flours (like brown rice, millet, amaranth, and teff flour). This also makes the recipes perfect for people with a gluten intolerance where grains with gliadin should be avoided. Often, to provide extra binding due to the lack of glutinous grains, the recipes will call for the addition of finely ground tapioca (tapioca flour - see "Glossary of Ingredients" for more information) and/or ground nuts or seeds such as flax seed, sesame seeds, or almond meal. This gives the dessert a more diverse/complete nutritional profile, which provides more energy to the body, while maintaining a traditional form, taste, and texture.

RECIPES WITH GLUTEN

In general, unless otherwise noted, all the recipes in this cookbook are gluten-free. Only in special cases will a recipe have the first alternative of the ingredient be one with gluten (e.g., whole-grain wheat pastry flour or spelt flour), and only when no other alternative was available (e.g., making yeasted pastry dough is difficult without a glutinous flour). Recipes that contain gluten will be noted as such so people who are strict about needing or wanting to avoid gluten can skip these recipes.

Occasionally, recipes will give an alternative to the non-gluten flour(s) for cooks who do not want to have to use non-gluten flours. For example, sometimes in the cake and cookie recipes, I will offer spelt flour as an alternative to brown rice flour, sorghum flour, millet flour, amaranth flour, or teff flour. Sometimes an adjustment maybe required is in the amount of water/liquid. This is because different flours contain different amounts of moisture. Use your best judgment with the amount of water/liquid used.

NUTRITIONAL ANALYSIS OF RECIPES

All recipes in this book are analyzed for nutritional content. Depending on the format of the cookbook you have (e.g., text, PDF, MCF), the percentage of daily values for nutrients such as vitamin A and calcium will be shown (not shown in the ASCII text version). These values are helpful for determining the nutritional content of the recipe. There are some problems with this analysis though. First, the nutrients shown are only a fraction of the important nutrients (e.g., magnesium is not shown). Second, some of the ingredients listed in the recipes are not included in the ingredient "dictionary" that was used to calculate these numbers (the USDA handbook) (e.g., flax seeds), so the analysis of the recipes in not always exactly correct. Third, these "percent of daily values" have been calculated off the US RDA (Recommended Dietary Allowance) that are (according to the National Research Council committee that developed the RDAs) set too high for most people. The levels were set high as a built in "safety factor" according to the 1989 report. For example, the committee has set the current RDA for calcium at 1000 mg per day. That does not mean that you must have 1000 mg per day; it means that if you are among the population whose bodies are least able to absorb calcium consumed, you may require that much calcium to absorb the amount your body needs. Nutrition experts usually say that 75 percent (750 mg) of the RDA for calcium is acceptable. Additionally, experts say that vegetarians tend to absorb nutrients more efficiently than meat-eaters, and they tend to need less of some nutrients because they generally eat less protein. (A high protein intake increases the body's excretion of certain nutrients, especially calcium.) Therefore, these "percentage of daily values" are useful and interesting, but should not be taken as a gold standard. (Reference: Vegetarian Times, September 1997, page 82)

NUTRITIONAL ANALYSIS OF RECIPES WITH RESPECT TO VARIATIONS/OPTIONS

When a choice of ingredients is given, the analysis reflects the first ingredient listed (i.e., not the alternative ingredients). Optional ingredients listed in the main ingredient list ARE figured into the analysis. Options given in the VARIATIONS section are not figured into the analysis. Recipe declarations such as low-fat or non-gluten only apply to the original ingredient list (first ingredient listed) without optional ingredients, and not necessarily to any of the other options or variations.

CREATIVITY

As a general rule, I support individual creativity in cooking, therefore, I urge you, the reader, to alter recipes to suit your needs/wants. For example, I often substitute ingredients or just leave things out if I do not like them or do not have them on hand. Additionally, people have different tastes for saltiness, sweetness, and richness, so feel free to change ingredient quantities to fit your tastes. Lastly, if you have an allergy or sensitivity to one of the ingredients

called for in a recipe, try to think of a replacement (or just leave the ingredient out) to make the recipe fit your needs.

SERVING SIZES
Some of the recipes in this cookbook serve more than 8 people (up to 20 servings for most of the cake recipes). If you want to have fewer serving, simply divide the recipe to meet your needs. In the recipes included here, this causes no problems. I personally like to cook in large amounts so the food will last for a number of days. Additionally, some items I will store in the freezer for later use. I find that the following items freeze well: cookies and cakes, whereas the following do not freeze well: custards and pies.

ORGANIC PRODUCE
I recommend the use of organically grown ingredients (i.e., food grown without chemical fertilizers or pesticides) when ever possible as I have found organic produce and staples to have more flavor than conventionally grown items. Additionally, there are studies which have shown that organically grown food has more nutrients that conventionally grown food.

NOTE TO THE READER
The contents of "Desserts of Vitality" are not intended to provide personal medical advice. Medical advice should be obtained from a qualified health professional.
Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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01-* Glossary of Cooking Terms *

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

Glossary of Cooking Terms:

+ Toasting (and Glazing) Nuts and Seeds

Toast nuts or seeds on baking sheet in a 300 degrees F (150 degrees C) oven for about 15 minutes. Mix nuts on sheet, and continue to bake, watching to make sure they do not burn. The total amount of time needed depends on the type of nut (pine nuts toast very quickly, whereas almonds take longer), and on how toasted you want the nuts. I toast them on a low temperature because most nuts, when they are near done, go quickly from light golden brown to burnt. A lower temperature slows down the process, reducing the chances of ending up with burned nuts.

If seasoning the nuts with a salty liquid like tamari soy sauce or ume vinegar (see "Glossary of Ingredients" for more information about these ingredients), splash this over the nuts near the end of toasting, mix thoroughly to coat all nuts, and then if needed, bake a few more minutes to dry the nuts out again.

If glazing the nuts with a sweetener (such maple syrup and/or sucanat) (which is obviously best for desserts) and/or with a liqueur (like Sambuca), follow the same directions as for a salty liquid, but do not expect them to become as dry in the oven if using significant quantities of liquid sweetener (in drier climates, they will dry out completely when they sit outside the oven for a while). If the nuts are very sticky, and the glaze will not "dry", you can place the nuts in the refrigerator (on a parchment paper covered baking sheet) to "dry/"freeze" the glaze onto the nuts.

Another option for toasting and glazing is described in the recipe "09-Frangelico-Glazed Toasted Hazelnuts".
Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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01-* Glossary of Ingredients *

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

Glossary of Ingredients:

+ Agar Flakes (Agar or Agar Agar)

Agar agar (Kanten) is a vegetable gel used as a vegetarian replacement for gelatin. It is made by boiling sea vegetables, pressing it into a gel, and then drying it into flakes. Agar comes in bar form, flake form, and powder form. The flake form is the most common, and the recommend form for the recipes in this cookbook. Conversion: 3 teaspoons of agar flakes is equivalent to 1/2 teaspoon of agar powder.
Agar flakes dissolve in hot liquids and thicken as they cool to room temperature or below.
General preparation to gel a liquid goes as follows: Add 4 tablespoons of flakes to 4 cups or fruit juice or other liquid and let the agar sit on the top of the liquid for 5 or more minutes. Then bring to a boil, reduce heat and simmer 5 minutes or until dissolved. Cool until firm.

+ Agave Nectar Syrup (Light Agave Nectar Syrup - Agave Nectar - Agave Syrup)

This natural sweetener is extracted from the pineapple-shaped core of the blue agave (a cactus-like plant native to Mexico best known for its use in making tequila). A 93% fruit sugar content allows agave nectar to absorb slowly into the body, decreasing the highs and lows associated with sugar intake. Also, because fruit sugars are 25% sweeter than sugar, you use less. It has a very neutral taste. If an agave syrup is called light, it is referring to its color. There are both darker colored agave nectars (medium brown color), and lighter colored agave nectars (soft yellow color similar to honey). Maple syrup can often work in place of light agave nectar syrup; two considerations that will change the final dish: 1) color - maple syrup is darker than light agave syrup, so the final dish will be darker in color which may not be the desired outcome (e.g., the "Pink Grapefruit Sorbet" specifically calls for light agave nectar syrup instead of maple syrup because we wanted to keep the final sorbet a lighter color); 2) sweetness - cup for cup, agave nectar syrup is slightly sweeter than maple syrup - for small amounts this should not make a big difference. One of the producers of Agave nectar has some interesting information about agave on their web site:
http://www.madhavahoney.com/agave.htm

+ Barley Malt Syrup

This natural sweetener which is made from sprouted whole barley, and made basically the same way as brown rice syrup (see below). Barley malt syrup does have more of a flavor than brown rice syrup: barley malt syrup has a flavor more like molasses, while brown rice syrup has a flavor more like agave nectar or honey, but with a slightly bitter edge (similar to butterscotch). You can substitute one sweetener in place of the other keeping this flavor difference in mind. The caramel-flavored syrup is about half as sweet as sugar or honey. It is high in carbohydrates, and is generally the least expensive natural sweetener. GLUTEN NOTE: Barley malt syrup contains gluten, so if you are avoiding all gluten, simply replace barley malt syrup with brown rice syrup.

+ Birch Sugar

(This information was gathered from various sources, including bottles of birch sugar and marketing materials distributed by birch sugar distributors)
Pure birch sugar is derived from birch bark, and it is also known as Xylitol. One producer of pure birch sugar in the U.S. is The Ultimate Life (see "Mail Order Companies" at the end of this book for more information). Birch sugar has only half the calories of sugar, but is used as a replacement for granulated sugar 1:1. It does not promote tooth decay. It is metabolized very slowly, so it helps prevent sugar "highs" and "lows", and can be suitable for people with diabetes, hypoglycemia, chronic fatigue syndrome, and candida (yeast infection).

+ Brown Rice Syrup

A natural sweetener similar to barley malt syrup. Brown rice syrup contains complex sugars that are not hard on the body/blood sugar levels. It is my absolute favorite sweetener because it has the mildest flavor (not as strong as barley malt syrup), and its pH is closer to our bodies' pH than any of the other sweeteners, making it the most gentle on the system. It is about half as sweet as maple syrup and granulated sugar. Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup. It is not suitable for use in cakes because it causes the cake to become too dense and sticky.

+ Cashews, Raw

Raw cashews are one of the few nuts that work wonderfully in vegan ice creams. They provide a wonderful richness, smooth consistency (with very little grit), and a very light color (like milk which is what people are used to seeing). Most of the ice cream recipes in this cookbook now call for raw cashews because I am not able to find my old favorite very often: neutral tasting pine nuts. Most of the pine nuts I come across these days have a very pronounced smoky flavor, which make them unsuitable for most desserts (including most ice creams). See the glossary entry for pine nuts for more information.
I have read that nuts can be more digestible if they are soaked a couple of hours before using (and drained and rinsed before using), so most of the ice cream recipes using cashews OPTIONALLY call for soaking them before making the ice cream custard. I have had good luck with soaking as well as skipping the soaking, so if you have the time and occasionally have trouble digesting nuts, then go ahead and soak the cashews.

+ Coconut Oil, Unrefined

Coconut oil is a saturated fat, but the unrefined version (which is rarely found in commercial baked goods - they use the refined type) can be part of a balance diet. It does not contain any trans fatty acids (TFAs) like hydrogenated oils do. It is a source of Medium Chain Triglycerides (MCTs), which are especially valuable to people who have trouble digesting fat. MCTs enable the body to metabolize fat efficiently and convert it to energy rather than storing it as fat. Additionally, almost 50% of coconut oil's fatty acid content is lauric acid, a disease fighting fatty acid not commonly found in plant sources.
Coconut oil is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated oil (like high oleic sunflower oil). See "Mail Order Companies" at the end of the cookbook for sources of unrefined coconut oil (some of which are also organic). Generally, vegetable shortening (in its non-hydrogenated state) (see below) can be used in place of coconut oil. Additionally, you could use high oleic sunflower oil (or other oil as suggested in the "Dessert Notes" section under "Oils") as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

+ Egg Replacer Powder

A starch based powder (similar to the look and texture of corn starch) which is used as a binder/leavening ingredient. It is a unique egg replacement item since it contains no animal products (whereas most contain egg whites), and one

box (costing a few dollars) makes about 150 "eggs". Approximate replacements for egg replacer powder is arrowroot powder or cornstarch, but these mainly only provide the binding effect, not the leavening effect. The egg replacer power I know of is made by "ENER-G Foods", and you can find more information about this company at the end of this cookbook under "Mail Order Companies".

+ Filo (or Phyllo)

A thin paper-like dough used for savory dishes (see my other cookbook, "A Taste of Vitality" for examples) and desserts (see "Orange Custard in Filo Cup"). It is low in fat, and can be used to enhance the presentation of dishes, particularly by making filo sheets into cups. These cups can be filled with any number of foods like: "Kiwi Sorbet", any type of pie fillings (like "Hazelnut Pie"), or custards, puddings, or mousses (like chocolate mousse - see "Chocolate Cream Pie").
The first way to make filo cups involves the use of a muffin tin. Fold one sheet of dough so that it covers one cup on the muffin tin (approximately a square), with about 1 inch to spare on all sides. Lay folded sheet into muffin cup, pressing down so the center of the sheet is touching the bottom of the cup (the overall effect is to create a cup shape with the dough). Repeat for as many cups as needed, and bake in the muffin tin for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned. The second way to make filo cups does not require a muffin tin, but a baking sheet. This method is best done when the filling to be put into the cups can be heated, as cups are best made around the filling, and then briefly baked. As before, fold a filo sheet (or multiple filo sheets if you want to create a more substantial cup that will hold more or heavier fillings). Lay folded sheet on a baking sheet, and place some filling into the center. Then fold the outer filo up to make a wall around the filling. Repeat for as many cups as needed, and bake for about 5 minutes at 350 degrees F (175 degrees C) or until cups are crisp and lightly browned.
GLUTEN NOTE: Filo is made from wheat flour, so it does contain gluten, so if you are avoiding gluten, do not use this ingredient.

+ Ginger Juice (Fresh)

To make fresh ginger juice, take fresh whole ginger root pieces and grate them. (Asian groceries often sell purpose-made ginger graters; you can also find microplane graters specifically for ginger; a regular fine grater can also be used.) Then press the juice out of the pulp (a fine strainer works well for this). Alternatively, run ginger root through a juice (as you would carrots). If ginger juice is to be stored for more than 5 days, add some lemon juice to the ginger juice to help it keep. Place it in a sealed bottle in the refrigerator. It should keep about 5 days without lemon juice, and about 10 days with lemon juice (or something acidic). A half cup of fresh whole ginger root pieces makes about 3-4 tablespoons of ginger juice. A teaspoon of dried, powdered ginger can be used in place of a tablespoon of fresh ginger juice, but the flavor will not be the same.

+ Goji Berries

Goji berries are small red dried fruits about the same size as raisins. They have flavor somewhere between a cranberry and a cherry. Many of these berries come from Tibet. They are good in dishes the same way as raisins, dried cranberries, dried currents, etc.
Wolfberries are similar to goji berries, and can be used interchangeably. I have also sometimes seen goji berries called gogi berries or lycium berries.

+ High Oleic Sunflower Oil (also sometimes called High Heat Sunflower Oil)

High oleic sunflower oil is a slightly different variety of sunflower plant that products a seed with a higher proportion of monounsaturated fat to polyunsaturated fat. Sunflower oil of the high oleic variety is very similar in fatty acid profile to extra virgin olive oil. The high oleic variety of sunflower oil is my favorite oil for baking (along with coconut oil) because it is high in monounsaturated fats (healthier than polyunsaturated fat and stands up better to heat), not a heavy oil, and has very little flavor, allowing the flavor of the dessert to shine through. See the "Dessert Notes" under Oils for more information and other oils that can be used in place of high oleic sunflower oil.
The high oleic sunflower oil I use is from Omega Nutrition (see "Mail Order Companies" at the end of this book) and combines unrefined high oleic sunflower oil, palm oil and unrefined sesame oil (they call it High-O Sunflower Oil Blend). The palm and sesame oil are included to facilitate the handling of higher cooking temperatures.

+ Kudzu (or Kuzu)

Kudzu is a thickener similar to arrowroot powder or corn starch. When added to water and heated, kudzu powder becomes clear and adds stickiness to the food. It is sometimes known as "Japanese arrowroot" due to the similar

culinary effect it produces, and because it originates from Japan.
It works well for thickening pie fillings.
Also I have found it to work nicely in ice creams because it seems to help prevent the ice cream from freezing too hard when the ice cream remains in the freezer for more than 1 or 2 days. It is an optional ingredient in ice creams, as it is possible to make perfectly wonderful ice cream without it. If you are making ice cream that is going to be consumed within a day of freezing (and will not be stored in the freezer for more than a day or two), than I would not bother using kudzu (as the texture difference for freshly made ice cream is minimal).

+ Lecithin

Lecithin is generally made from soy. It is an emulsifier (like egg yoke) that helps oils and liquids blend together. It is often used in chocolate bars to bring together (emulsify) the cocoa and cocoa butter. It can be used in cakes, ice creams, cookies, etc. to help integrate the oil with the other ingredients for a smother product.
For cooking, it is easiest to find lecithin in granule form, but it is also possible to find it in liquid form (Mountain Rose Herbs makes a liquid lecithin - http://www.mountainroseherbs.com/). Sometimes I prefer the liquid form because when the granules are used in larger quantity, sometimes they can add a slightly off flavor. But in general, either form can work in a recipe. And, the lecithin can always be left out of any recipe as it is not absolutely required.

+ Light Agave Nectar Syrup

See Agave Nectar.

+ Mesquite Meal (sometimes called Misquite Flour)

Mesquite meal is a high protein, high-fiber meal that is milled from the sun-ripened seed pod of the mesquite tree. Ripe mesquite bean pods are gathered, washed, dried, and ground to a medium texture similar to corn meal. There are two types of mesquite meal: classic sonoran and sweet Peruvian. Classic sonoran imparts a mellow taste that's sweet and slightly nutty. Sweet Peruvian carries a subtle coffee and chocolate flavor, with a hint of cinnamon (particularly good in desserts). Mesquite meal is used as both a flour and a spice. As a spice, it can be sprinkled on a wide variety of foods, added to soups, stir-fries, or vegetable dishes. As a flour, substitute mesquite meal for about one third of the flour in your recipes; if added in significant quantity, it will make a denser baked good. See "Mail Order Companies" in the Epilogue for information about finding mesquite meal.

+ Millet

Millet is a small, yellow, bead-like grain that has a mild, nutty flavor and fluffy texture. The earliest mention of millet comes from China, dating back to about 2800 B.C., and referred to as a "holy plant". It grows with very little water and poor soil.
It can be ground in flour and used in baked goods.

+ Oats (Rolled Oats, etc.)

GLUTEN NOTE: In the past, oats (all types) have been thought to contain a type of gluten that was not healthy for people allergic to gluten (e.g., people with celiac disease). Current studies have shown that this may not be the case, and now the general feeling is that oats are OK for people avoiding gluten. (You can find more information about celiac disease, and foods that contain gluten, at http://www.celiac.com/ .) I have marked all recipes in this cookbook that contain oats with a warning about gluten for people who do want to be extra safe and avoid oats.

+ Pine Nuts

Pine nuts are small tear-drop-shaped nuts with significant amounts of vitamin A, thiamin, riboflavin, and niacin. They puree well in water to make a very creamy milk or cream. Pine nuts are one of the best nuts (if not the best nut) for making rich vegan ice creams because they have a wonderful richness, puree very smooth with very little grit, and do not have a dark color.
NOTE: The down side is that some batches of pine nuts can be rather smoky, and this smoky flavor is not desirable in most desserts including ice cream (especially ones with subtle flavors such as vanilla or peach). I have been able to successfully use smoky pine nuts in ice creams that contain other strong flavors (e.g., in an amaretto ice cream or cherry-chocolate chunk ice cream). I am not sure if the smokiness comes from the processing of the pine nuts, or is just a characteristic of some pine nuts, but in any case, I advise cooks to check their pine nuts, and if they are too smoky, I would be hesitant about using them to make most desserts.
- For desserts where the pine nuts are to get blended (such as with ice creams or sauces or custards), I would go

ahead and use raw cashews instead. In this case, raw cashews are a very good replacement because they provide a light color, richness, and smoothness (minimal grit) like pine nuts do. Because I am finding so many smoky bathes of pine nuts these days, most of the recipes in this cookbook now call for raw cashews. Other types of nuts such as almond butter or pecans could be used in blended desserts, but depending on the quantity required, they may not provide the same properties especially because other nuts may make a cream with more grit, or with a different color.
- For desserts where the pine nuts are used whole, and you decided that your pine nuts are too smoky to use in this particular dessert, choose another nut (maybe chopped) as you see appropriate.
- In general, smoky pine nuts work wonderfully in savory dishes, so save them for those purposes.

+ Ribbon Cane Syrup

Ribbon Cane Syrup is a liquid sweetener made from ribbon cane. It is a bit similar to molasses, but with a lighter taste. It is still sold today, but was more popular in the 1800s and early 1900s. It is made my taking the stalks of the ribbon cane plant and feeding them into the cane mill which squeezes the juice out of the stalks. When the cane juice has been squeezed from the stalk of the ribbon cane plant it is cooked down. After the juice has been properly cooked down you have the thick sweet taste of ribbon cane syrup. One web site that sells ribbon cane syrup: http://www.shopmississippi.com/ .
A mixture of half maple syrup and half whole granulated sugar (e.g., Sucanat or Rapadura) can be used as a replacement for ribbon cane syrup. For example, if a recipe calls for 1/2 cup ribbon cane syrup, you could use 1/4 cup maple syrup and 1/4 cup whole granulated sugar.

+ Silken Tofu

See Tofu.

+ Spelt Berries (Spelt Flour)

Spelt is a primitive form of grain that is related to wheat. The berries can be cooked (kernels have a sweet, nutty taste and rice-like texture) or ground into flour and used in place of wheat flour. GLUTEN NOTE: Spelt does have as much gluten as wheat, so if you are avoiding gluten, you should be avoiding spelt. Some people who have wheat sensitivities or allergies can tolerate spelt, but spelt still has high amounts of gluten.

+ Stevia (both Blended Stevia and White Stevia Powder) - White Stevia Powder is more concentrated than Blended Stevia - see below for more information

(This information was gathered from various sources, including stevia packaging and marketing materials offered by stevia distributors.)
Stevia is a herb native to South America. What makes it unique, is that a very small amount of it is very sweet, and it has no sugar (carbohydrates) or calories. For cooking, it is used as a sweetener. White stevia powder is very concentrated, 200-300 times sweeter than sugar. Stevia is not widely used in the U.S. due to political reasons. Because it has no sugar, stevia is recommended by the governments of Brazil, China, and Japan for use by hypoglycemics and diabetics. Stevia is also anti-fungal, making it ideal for individuals with yeast conditions (candidiasis); this natural sweet-tasting herb satisfies the desire for a sweet treat without feeding the yeast.
Stevia can be difficult to use because it does not have the same effects as other sweeteners (such as, sugar (e.g., sucanat), maple syrup, or agave). Other sweeteners make cakes moist and light, and stevia will not. Other sweeteners add crispness to cookies, and stevia will not. Other sweeteners will add a kind of "caramel" type flavor and color when they are baked/cooked, but stevia will not. Therefore, if stevia is used in a dish, and some of these qualities are needed in the dish, other ingredients will have to provide them (e.g., baking powder for rising, fruit purees for moisture, extracts/flavoring for flavor, etc.).
Stevia is sometimes blended with a filler to reduce its concentrated sweetness. Different extractions of stevia vary as to their sweetness, but roughly 3 teaspoons of blended stevia (that is, blended with a filler such as eryhritol, a natural crystal granulated filler from fruits and grains), or 3/8 teaspoon of white stevia powder (pure steviosides, not blended with a filler), is equal to 1/4 cup of sugar. The one down side to stevia is that it has a slightly bitter edge to it, so it is not well suited to all dishes.
- For beverages and non-dessert dishes (or dishes which do not need to rely on a sweetener to be very sweet), it can be put to good use since only using a little will only cause a little bitterness;
- It can also work in desserts where a bitter edge/flavor will not adversely effect the dessert;
- It can also be used in small proportions in other desserts where the goal is to reduce the amount of other sweeteners; for example, for a dessert that called for sweeteners in the total amount of 1 cup, you may try using 3/4 of the regular sweeteners, and then use stevia for the replacement amount (see above for quantities);
- It can work well with fruits where the fruits are providing a significant amount of the sweetness, and the stevia is just to enhance it slightly.
Overall, I have found stevia best matched with acidic fruits and bitter foods like chocolate or coffee (or coffee

substitute) where the bitter edge of the stevia can work with the other flavors.
Equivalence summary: 1/4 cup of sugar = 3 teaspoons of blended stevia = 3/8 teaspoon of white stevia powder.

+ Sucanat (Sucanat sugar)

Sucanat (Sugar Cane Natural) is a replacement for white sugar. It is a dry granulated sugar. It is made from evaporated cane juice and molasses, and has a brown color. It has a variety of vitamins and minerals not contained in white sugar. It comes in two forms: granulated and as a syrup (sugar cane syrup). Not to be confused with "Sugar In The Raw" or "Turbinado Sugar" which are basically just white sugars. It equivalent to granulated sugar or brown sugar, and can be used in the exact same proportions (1:1). It is similar to Whole Sugar (see glossary entry below), but sucanat has molasses added back, whereas whole sugar does not. Sucanat and Whole Sugar can be used interchangeably without any difficulty.

+ Sunflower Oil

See High Oleic Sunflower Oil.

+ Sweet Brown Rice Flour

Sweet brown rice flour can be made by grinding sweet brown rice or purchased as a flour. When sweet brown rice flour is added to a baked goods, it makes the baked good (such as brownies) denser and more gooey. I don't like it in cakes because it makes them too dense, but for brownies, I have found that using around 10% sweet brown rice flour adds a good amount of dense and gooey texture. For example, if the recipe calls for 4 cups of flour (maybe a combination of brown rice flour, sorghum flour, and amaranth flour), and you want to make the baked good more gooey and dense, you could try and use 1/2 cup of sweet brown rice flour, and 3-1/2 cups of the other flours. This can work particularly well in brownies since gooey can be very desirable, and non-gluten brownies can be a little crumbly.

+ Tapioca Flour (also called Tapioca Starch or Tapioca Powder) (Finely Ground Old Fashioned Pearl Tapioca)

Tapioca Flour (also called tapioca starch or tapioca powder) is a common ingredient in non-gluten baked goods. Tapioca Flour is a starch extracted from the root of the tropical cassava plant (also called manihot or manioc or yuca). Tapioca Flour can be purchased in its powdered state or it can be ground. If you don't want to purchase it in powdered state, you can grind it from Pearl Tapioca, but just be sure to use Old Fashion Pearl Tapioca (any size) and not Minute (or Quick) Tapioca since Minute Tapioca has been pre-cooked, and will probably not act the same way in baked goods. The best way to grind the pearls is in small amounts in a coffee grinder. Get it as fine as you can, but it does not need to be as fine as white flour. One of the companies that sells Tapioca Flour is Bob's Red Mill (you can see the product via this URL=<https://www.bobsredmill.com/catalog/index.php?action=showdetails&product_ID=384>) (Refer to the Epilogue at the end of this book for more information about Bob's Red Mill).

+ Tofu (including Silken Tofu)

%% General Tofu Notes:
+ There are a number of different types of tofu: "Regular" in soft, medium, firm, and extra firm, and "Silken" in soft, medium, firm, and extra firm. Regular tofu keeps its shape better during cooking, and is not as smooth (it has more consistency); it is best for use in stir frying and sauteing where you want the tofu to have some texture and hold its shape during cooking. Silken tofu is very smooth and does not hold its shape well during cooking (e.g., it would be very difficult to stir fry); it is best used for dips, sauces, dressings, puddings, custards, and icings where needs to blend up very smooth.
%% Pressing tofu to remove water:
+ Place tofu on a plate. Place another plate on top of the tofu. Find a heavy object (such as a cutting board or blender or food processor) (if it is an appliance make sure it is un-plugged). Place object on top of the top plate to squeeze the block of tofu. Make sure the object is secured so it will not fall off the plate. Let press for about 20-25 minutes. Remove object and top plate, and drain extracted water off. It is then ready to use in the recipe.
%% Notes about the use of silken tofu:
+ Most of the recipes in this cookbook that use silken tofu specify the extra firm variety. This is because other varieties have too much water, and when pureed do not come out thick enough (especially the medium and soft; sometimes the firm silken tofu will be thick enough to work in the recipe). This is especially important in the icing recipes since the icing needs to come out thick enough to spread on a cake (including the sides of the cake without sliding down). If you are willing to do some experimentation, a softer silken tofu can be used in place of extra-firm, but if you want to have a thick consistency (as would be needed for an icing or a pudding/cream pie filing), then you may have to add another ingredient to thicken the final product (such as a nut butter, tahini, coconut butter, or powered

sugar).
+ All of the references above are to silken tofu packed in aseptic cartons (the type of carton that most soy milks are packaged in; this type of packaging does not require refrigeration). All recipes in this cookbook have been tested with aseptically-packed silken tofu. Silken tofu is also sold packed in water and refrigerated (sometimes called fresh silken tofu), but it is softer in general, and more difficult to achieve a thick final product (e.g., a thick icing). It is possible to experiment with fresh silken tofu but, as above with soft and medium aseptically-packed tofu, fresh tofu has more water, and therefore the resulting product will not be as thick. If you do decide to use a fresh silken tofu in a recipes where a thick final product is desired, press it first (for about 25 minutes as described above) to remove as much water as possible.
+ Notes that some recipes just call for silken tofu not stating what type; in these cases, any type of silken tofu from soft to extra firm (and either aseptically-packed or water-packed) should work fine.

+ Vegetable Oil Spread, Non-Hydrogenated

The non-hydrogenated vegetable oil spreads that I have used (one made by Spectrum Naturals, and another made by Earth Balance) are trans fat free, and are stored in the refrigerator. They may contain some saturated fats, but are primarily polyunsaturated fat and monounsaturated fat. Some are solid like butter whereas others are softer (like thick pudding). The solid ones are similar to margarine (but trans fat free), and can be used in the same way as butter and margarine. This solid ones make much better pie crusts than using liquid oils (e.g., high oleic sunflower oil). The softer ones can also be used in pie crusts, but are really more suited to cookie recipes.
Similar to margarine, a non-hydrogenated vegetable oil spread is particularly good in cookies that traditionally use butter. It gives the cookies a nice texture with less oil than if you used liquid oil. You could use high oleic sunflower oil (or other comparable liquid oil as described in the "Dessert Notes" section under "Oils") as a substitute for non-hydrogenated vegetable oil spread, but the result will not be quite the same.

+ Vegetable Shortening, Non-Hydrogenated

Some non-hydrogenated vegetable shortenings are made of palm oil and are naturally solid at room temperature without hydrogenation, and do not require refrigeration. Spectrum Naturals makes one of these shortenings, and it is also organic. Palm oil is not the same as palm kernel oil - palm kernel oil is 86% saturated fat, whereas palm oil is 50% saturated (and very low in polyunsaturated fats which is good) - palm oil is extracted from the palm's fruit, not its kernel. Palm oil is also lower in saturated fat than butter. While this type of non-hydrogenated vegetable shortening (made of palm oil) does get half of its fat grams from saturated fat, it is not hydrogenated (most standard brands of shortening are hydrogenated) and is trans fatty acid (TFA) free. It is a good alternative to standard shortening. This fat makes much better pie crusts than using liquid oils such as high oleic sunflower oil.
Similar to coconut oil, a non-hydrogenated vegetable shortening is particularly good in desserts that traditionally use butter (also a saturated fat) such as cookies and pie crusts. It gives the cookies a wonderful texture with less oil than if you used an unsaturated fat (like canola oil). Generally, coconut oil (refer to the coconut oil entry in this Glossary) can be used in place of vegetable shortening. Additionally, you could use high oleic sunflower oil (or other comparable liquid oil as described in the "Dessert Notes" section under "Oils") as a substitute, but the result will not be quite the same since it will not provide that saturated fat quality.

+ Walnut Oil, Refined

Refined walnut oil is a good baking oil, and works well in cakes. The reason it is not often called for in this cookbook is that it has a high polyunsaturated fat content, with less monounsaturated fats, making it less healthy and not as stable at higher temperatures. It has a mild nutty flavor. This oil is rich in omega-3 (vitamin F2) essential fatty acids (as is flax, pumpkin, canola, and soy oil). Refined walnut oil can be used for medium-high heat cooking. Store in a dark, cool environment away from light and heat. Spectrum Naturals makes a refined walnut oil. High oleic sunflower oil can be used in place of walnut oil. For other replacement possibilities, see the "Dessert Notes" section of this book under "Oils".
Unrefined walnut oil is much more expensive and flavorful than refined walnut oil and is best used for drizzling on vegetables, in dressings, and for dipping rather than for baking due to its cost and strong flavor.

+ Whole Sugar (e.g., Rapadura or Moscovado)

Whole sugar refers to whole, unrefined, unbleached, evaporated sugar cane juice. It is a dry granulated sugar. The sugar is just squeezed, dried, and ground. When whole natural juice of sugar cane is dried, it retains most of its essential nutrients, vitamins, and minerals. This is a bit different from Sucanat (see Sucanat above in this glossary) as molasses is not added, but instead retains a natural hint of molasses flavor because it never had the "molasses" taken out of it. It has a very pleasing maple/molasses-type flavor and tan color. It will add a brown-tint to a dish, so if you are looking for a very white coconut ice cream for example, it would not be the best choice. It is very well suited to items such as apple crisp or gingersnap cookies. Rapadura and moscovado (or moscavado) are examples of whole

sugars.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

This Free Vegan Cookbook Available at http://www.vitalita.com/

01-*Dessert Notes *

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

Dessert Notes:

TECHNIQUES FOR MAKING A LOWER FAT DESSERT
If you want to try to make some of the desserts in this cookbook lower in fat, try the following (see the "Cake Notes" section later for specific information about cakes):
1) use applesauce and/or prune puree in place of some or all of the oil (see below)
2) use water in place of coconut milk (if the original recipes calls for coconut milk)
3) use fewer or no nuts and/or shredded coconut
4) if the dessert calls for hard chocolate (mainly non-dairy bittersweet chocolate), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

TECHNIQUES FOR MAKING A MORE DECADENT DESSERT
If you want to try to make some of the desserts in this cookbook more "decadent", try the following:
1) use oil (such high oleic sunflower oil) in place of applesauce and/or prune puree.
2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of liquid oil (such as high oleic sunflower oil) and/or applesauce and/or prune puree (see the OILS section below for more information).
3) use coconut milk in place of water
4) use more nuts and/or shredded coconut
5) if the cake calls for cocoa, use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) in its place - replace each 3 tablespoons of cocoa with 1 ounce (27 grams) of hard chocolate.

FAT REPLACERS
To lower the fat content of desserts (mainly baked desserts like cakes, cookies, and muffins), applesauce is commonly used. As an alternative to applesauce, I have successfully used fresh apple puree (with skin included). I often use fresh apples by adding chunks of fresh apple (with their skins) together with the other liquid ingredients, and then blending it all together (either in a food processor, or with an electric hand blender (immersion blender)). In general, 1/3 of a medium cored apple is equal to about 4 tablespoons of applesauce.

In addition to applesauce being a fat-replacer, it is possible to use prune puree (consider if the prunes will have a negative effect on the flavor of the dessert you are creating). Prune puree is make by warming dried prunes in hot

water, and blending it all together into a smooth, thin paste (similar in consistency to applesauce).

FLOUR

I recommend that you use fresh ground flours, that is, grind your own flours from whole grains right before you are going to use the flour. This makes for the best tasting desserts because the flour (which has not been sitting around already ground) has not had a chance to stale and the fat in the flour has not had a chance to get bitter or go rancid. Grinding your own flour does take some extra effort, but I have found that people eating the desserts really appreciate the fresher flavor. Pre-ground flours (either from a bulk bin or from pre-packages bags produced by manufactures such as Bob's Red Mill or Arrowheads Mills) are certainly acceptable sources since many people will not have the capability to grind their own flour from whole grains.

When making brown rice flour, use short-grain brown rice instead of long-grain, basmati, or sweet brown rice; the short-grain rice creates the most finely textured flour. I have also tried making brown rice flour with 100% sweet brown rice (since it is also a short-grain rice), but the effect of this flour was to create a baked good that was too dense and gummy, similar to mochi (a product make from pounding cooked sweet brown rice). I have successfully used flour made from sweet brown rice as a small portion of the flour in a recipe (not so much in cakes, but more so in brownies and cookies), and have liked the resulting texture since it acts like a binder, similar to tapioca flour or tapioca powder. You just don't want to use too much, or it will make the texture too gooey.

Whether using freshly ground flour or already ground flour (i.e., from a bag or bulk bin), fluff up the flour in the bag or container with a fork so that each cup will weigh 4 ounces. If you measure it while it is compressed, you could end up with significantly more flour, and this could effect the results.

The cake and pie crust recipes generally call for brown rice flour or other non-gluten flours. More information about the why this cookbook emphasizes non-gluten flours and grains can be found at the beginning of this cookbook. In general, any combination of the below listed flours can be used. Cookies are especially easy to use a more diverse set of flours, and any of the below listed flours are possibilities.

Non-gluten flours to use for desserts: whole-grain brown rice (from short grain rice or from sweet brown rice, but only in small proportions), whole-grain amaranth, whole-grain teff, whole-grain millet, and/or sorghum flour.

Flours with gluten to use for desserts: whole-grain pastry wheat, whole-grain kamut (very similar to wheat), whole-grain spelt (very similar to wheat), and/or whole-grain oat (either ground from oat groats or from food processed rolled oats).

Often, when a recipe calls for non-gluten flour (like brown rice flour), it also calls for finely ground tapioca powder and/or ground flax seed to assist in the binding of the non-gluten flour. (Note, you can either buy tapioca powder or grind it yourself from tapioca balls - one way to grind tapioca balls to a powder is to use a coffee grinder.) If you don't want to use a non-gluten flour (e.g., if you want to use whole wheat pastry flour or spelt flour), then all 3 of these dry ingredient items can be replaced with a flour that contains gluten.

NOTE: As you change the flours used in a dessert, the proportion of wet ingredients required may change (due to different moisture levels in different flours, and how they absorb moisture), so adjustments may be needed to give the right consistency to the batter/dough. For example, teff flour in a pie crust may not require as much liquid as whole wheat pastry flour to make a good, rollable pie crust dough. Additionally, using pre-ground flours instead of fresh ground flours from whole grains may change the amount of wet ingredients required. Lastly, humidity at time of baking and length of flour storage can cause the amount of wet ingredients required to vary from those stated in the recipes.

SWEETENERS

Maple syrup is the most common sweetener called for in this cookbook because it is natural and unrefined, contains some nutrients (unlike white sugar), is very sweet (which is important for making good, satisfying desserts), its flavor is very pleasant, it adds moisture, and it goes well with many desserts. Agave nectar (light agave nectar syrup) is also a very good liquid sweetener that can be used in addition to maple syrup, or in place of it. It has many of the same characteristics of maple syrup (natural, unrefined, very sweet), except that its flavor is very subtle, similar to honey. Powdered Sucanat (see the "Glossary of Ingredients") is a good choice if you are looking for a non-liquid sweetener (it is very sweet like maple syrup; these two can be used interchangeably, but with modification to the amount of liquids; see below in "Sweetener Substitutions").

Brown rice syrup and barley malt syrup are two of my most preferred natural sweeteners because they are complex sugars which are not hard on the body/blood sugar levels. Brown rice syrup is my favorite sweetener because it has

the most mild flavor (not as strong as barley malt syrup), and its pH is closer to our bodies pH than any of the other sweeteners, making it the most gentle on our bodies. Keep in mind that both brown rice syrup and barley malt syrup are about half as sweet as maple syrup.

Often times I "balance" brown rice syrup with maple syrup in a recipe because brown rice syrup all by itself has a slightly bitter butterscotch flavor, so I like to round out that flavor with the straight sweet flavor of maple syrup.

I also like blackstrap molasses, sorghum syrup, and ribbon cane syrup which have very distinctive flavors. Molasses is generally only good for certain situations where its strong flavor works with the dessert.

Other alternative sweeteners include: sucanat syrup (liquid), concentrated fruit juice (e.g., apple), date sugar (dry), date syrup, brown rice powder (dried brown rice syrup), barley malt powder, and maple sugar (dry).

For specific information about sweeteners for cakes, see "Cake Notes" later in this book.

SWEETENER SUBSTITUTIONS

As mentioned above, when replacing a liquid sweetener (such as maple syrup) with a dry sweetener (such as sucanat), the liquid quantities will have to be increased to make up for the loss of liquid. Vice versa for replacing dry sweeteners with liquid sweeteners. In general, I do not recommend replacing liquid sweeteners with dry sweeteners in icing and uncooked custard recipes because the dry sweeteners tend to be gritty in these cases (because they are not cooked in a liquid).

When replacing liquid sweeteners with other liquid sweeteners, the main consideration is sweetness. A secondary consideration is the flavor; brown rice syrup and barley malt syrup have a slightly bitter flavor; if large quantities are used, they can give a dessert too much of a bitter edge; it is often best to balance these slightly bitter syrups with other "non-bitter" sweeteners such as maple syrup, agave nectar, sucanat, or concentrated fruit juice.

When making variations to recipes, it is common to change the proportions of maple syrup and brown rice syrup/barley malt syrup (especially in cookie recipes where texture is greatly effected by the type of sweetener used). As mentioned above, brown rice syrup and barley malt syrup are half as sweet as maple syrup. Therefore, if you want to replace some of the maple syrup called for in a recipes (e.g., a cookie recipe), with brown rice syrup, and you want to keep the recipe with the same level of sweetness, you should make some modification to add additional sweetness. When replacing small quantities of maple syrup with brown rice syrup (e.g., 2 tablespoons of maple syrup), it is generally fine to go ahead and simply use twice as much brown rice syrup to get to the same sweetness. When replacing larger quantities of maple syrup (e.g., replacing 1/2 cup of maple syrup), it is best not to use twice as much brown rice syrup to get the same level of sweetness. Rather, it is best to use a slightly larger quantity of brown rice syrup, and then supplement that with a dry sweetener (e.g., sucanat). This way, the proportion of liquid ingredients to dry ingredients will not be significantly effected. For instance, if there was a cookie recipe that called for 1 cup of maple syrup, and you wanted to replace half of that with brown rice syrup, you could use 1/2 cup maple syrup, 2/3 cup brown rice syrup, and 3 tablespoons sucanat. This substitution does increase the total amount used, but does not significantly change the proportion of dry to wet ingredients, nor does it significantly change the sweetness.

OILS

The most common oil used in these desserts is high oleic sunflower oil (sometimes called high heat instead of high oleic). I like it because it is high in monounsaturated fats (healthier than polyunsaturated fat and stand up better to heat), not a heavy oil, and has very little flavor, allowing the flavor of the dessert to shine through. See the "Glossary of Ingredients" under "high oleic sunflower oil" for more information.

Possible oils/fats to use in place of high oleic sunflower oil, that also have a high monounsaturated fat content, include:

- High oleic (high heat) safflower oil
- High oleic (high heat) canola oil (or regular canola oil which still has a fairly high proportion of monounsaturated fats)
- Olive oil (where a little olive flavor is OK; works especially well when very little oil is needed, and the dish/dessert has a strong flavor from other ingredients)

Possible replacement oils that are a little higher in polyunsaturated fats (which are not as healthy) but still have a large proportion of monounsaturated fats include:

- walnut oil (refined) (refer to the "Glossary of Ingredients")
- Regular sunflower oil
- Regular safflower oil

Other good replacement oils/fats (these generally have a higher saturated fat content, but are without trans fatty acids):

- Coconut oil (unrefined) (refer to the "Glossary of Ingredients")
- Vegetable Oil Spread (Non-Hydrogenated) (refer to the "Glossary of Ingredients")

- Vegetable Shortening (Non-Hydrogenated) (refer to the "Glossary of Ingredients")

Additionally, you may like to experiment with other oils such as unrefined hazelnut, unrefined almond, or unrefined walnut if these fit with the flavor of the dessert you are making. These are all higher in polyunsaturated fats, so are not as healthy, but the flavor combination is sometimes very interesting.

Refined Vs. Unrefined
Oils can either be unrefined or refined. In general, refined oils tend to be lighter and with less flavor in baked goods, and can go to higher temperatures without breaking down or burning. Unrefined oils (some manufactures produce unrefined sesame oil, unrefined sunflower oil, unrefined safflower oil, and unrefined soy oil for example) can be more healthful, but can sometimes make cakes and some other baked goods heavier (denser) and with a stronger flavor of the oil. Depending on what you are trying to achieve as far as texture and flavor, they can sometimes be a good choice. For example, in some cookies and brownies, a heavier oil with more flavor can be a good thing. Unfortunately there are very few unrefined oils high in monounsaturated fat; the best example is unrefined high oleic sunflower oil (which is not so easy to find) [there is also unrefined sesame oil, but that has more polyunsaturated fats than high oleic sunflower oil]; make sure any oil you choose can go up to at least 212 degrees F (100 degrees C) as some unrefined oils should only be used at lower cooking temperatures. Even if the oven temperature for a baked good is around 375 degrees F (190 degrees C), it is still alright to use oils that should only be heated to 212 degrees F (100 degrees C) because the internal temperature of the baked good probably will not go over that temperature.

In the end, the choice for a oil/fat comes down to:
- texture - an oil that will produce a good texture in the final product
- heat - an oil that will not degrade when cooked at the temperature required in the recipe (an oil high in monounsaturated fat is more heat stable)
- health aspects - an oil high in monounsaturated fat and low in polyunsaturated fat
- flavor - an oil that has little flavor or a flavor that is complementary in the final product

The oils that I find that fit these criteria the best in almost any case are high oleic sunflower oil and unrefined coconut oil.

GARNISHES
I like to garnish desserts with various colorful food to enhance the presentation. For example, fresh fruit (either whole, sliced, or pureed as a sauce) add a very nice color contrast to some desserts (particularly ice creams/sorbets). I also like toasted nuts for texture diversity (again, especially with ice creams/sorbets). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "09-Frangelico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces, citrus zest in long thin strands, edible flours, dried fruits, candied ginger, and toasted shredded coconut.

For specific garnishing ideas for cakes, see "Cake Notes" later in this book.
Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

02- ******* CAKES *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

- Icing recipes reference in these cake recipes are contained in the next chapter.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

02-* Cake Notes *

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

Cake Notes:

BASIS FOR THE VEGAN CAKES IN THIS CHAPTER
All of the cakes in this cookbook are based on the "Maple Cake" (see the recipe below). I have listed two versions of this cake: the "Maple Cake" and the "Maple Cake-Low Fat."
The "Maple Cake" version is richer, and I have found that people who are used to traditional desserts (with butter, cream, refined sugar, etc.) find this version more satisfying. Some people who follow a low-fat diet, consider this a special occasion cake.
The "Maple Cake-Low Fat" is particularly low-fat with less than or equal to 15% calories from fat. The methods employed to make this a lower fat cake, can be applied to any cake recipe in this book. See below in the "TECHNIQUES FOR MAKING A LOWER FAT CAKE" section for more information.

CAKE PANS
Most of the cakes in this book make 20 small servings (these are pretty small pieces). The batter for these cakes fit nicely into two 10 inch round spring form pans and this is the best scenario for the recommended two layer cake. It is also possible to use a 9 inch by 13 inch baking pan, but this amount of batter baked in one of these pans will take longer to bake due to the increase thickness.

PARCHMENT PAPER
For easy removal of a cake from the pan, before filling cake pan with batter, cut a piece of parchment paper to the exact size of the bottom of the pan. Then after oiling the pan, place this cut paper inside the pan on the bottom. Oil the top of the paper and sprinkle a little flour on top. The pan is now ready to be filled with batter. If the cake is being served from the pan, then it is not so important to have the entire cake be easily removed from the pan at all once, but if the cake needs to be removed from the pan for decorating (e.g., a two-layer cake), it is better if the cake releases easily from the pan. The use of parchment paper is a particularly good practice if you are making a cake with millet flour because it has a tendency to stick to even a well oiled pan.

TECHNIQUES FOR MAKING A LOWER FAT CAKE
Any of the cakes in this cookbook can be made lower in fat by following the template for the "Maple Cake-Low Fat". Overall, the features for lowering the fat content/percentage of calories from fat are as follows:

1) use applesauce and/or prune puree in place of the oil (see below)
2) use water in place of coconut milk (if the original recipes calls for coconut milk)
3) use fewer or no nuts and/or shredded coconut
4) if the cake calls for hard chocolate (mainly non-dairy bittersweet chocolate) (either in the cake or in the icing), use cocoa in its place - replace each ounce (27 grams) of hard chocolate with 3 tablespoons of cocoa.

TECHNIQUES FOR MAKING A MORE DECADENT CAKE

Cakes in this cookbook can be made even more "decadent" as follows (some of these are used in the "Maple Cake"):

1) use high oleic sunflower oil (or other fat) in place of applesauce and/or prune puree

2) use unrefined coconut oil or non-hydrogenated vegetable shortening in place of high oleic sunflower oil and/or applesauce and/or prune puree (see the notes about oils in the "Dessert Notes" section).

3) use coconut milk in place of water

4) use more nuts and/or shredded coconut (either in the cake, or while decorating)

5) if the cake calls for cocoa (either in the cake or in the icing), use chopped, ground or melted hard chocolate (mainly non-dairy bittersweet chocolate) to replace some or all of the cocoa - 3 tablespoons of cocoa is the equivalent of 1 ounce (27 grams) of hard chocolate.

FAT REPLACERS

See the discussion in "Dessert Notes" earlier in this book. In general, I always use at least a little applesauce (or fresh apple puree) in the batter (even when making a "decadent" cake) because I think it gives the cake a very desirable moistness.

FLOUR

I like brown rice flour best in cakes because it produces a fine texture, has a light flavor, and is not as gritty as some other flours (e.g., amaranth flour). If grinding the flour yourself, be sure to use short-grain brown rice. See the "Dessert Notes" discussion earlier in this book for more information.

SWEETENERS

Maple syrup is the natural, unrefined sweetener of choice for making cakes. Agave syrup is a good choice as well, and can be used 1 for 1 in place of maple syrup. Sucanat (in its dry form - see Sucanat in the "Glossary of Ingredients") can be used 1 for 1 in place of maple syrup (with the liquid ingredients), but maple syrup gives the cake more moisture. If sucanat is used in place of maple syrup, additional liquid will be needed.

I have not had good luck in using heavier liquid sweeteners (such as brown rice syrup and barley malt syrup) in cakes - it makes the cake too dense, and often causes the inside of the cake to stay uncooked. But I have successfully used blackstrap molasses for making cakes.

For icings, I generally prefer to use a different natural, unrefined sweetener such as brown rice syrup or barley malt syrup (depending on what flavor I am looking for) in combination with maple syrup or agave syrup. The heavier syrups (such as brown rice syrup) work well in icings (even helping the icing to set to the cake since they are often thicker), and they are less expensive and contain a higher ratio of complex sugars to simple sugars than maple syrup.

For a more detailed discussion of sweeteners, refer to "Dessert Notes" earlier in this book.

OILS

See the discussion "Dessert Notes" earlier in this book.

BAKING

Always pre-heat the oven for cakes.

In general, cakes should be baked until they slightly pull away from the sides of the pan and/or a toothpick inserted into the middle of the cake comes out fairly clean. You will not be able to use the toothpick method as well if a cake has chocolate chunks or fruit added to it. Also be careful not to overbake the cakes because they can become too dry and dense in this case.

Bake cakes for less time when using a convection oven.

When removing cakes from the oven, place them on a some type of rack so that air can circulate beneath the pan (but not with a breeze around the pan). This will help it cool more evenly, and prevent the bottom of the cake from getting soggy due to slower cooling at the bottom of the pan. Do not try to remove the cake from the pan while it is still hot.

GARNISHES

I like to garnish a cake with various colorful food to enhance the presentation and give people an idea of what is in the cake (or what type of cake it is). For example, raspberries add a very nice color contrast to a chocolate cake, and if it has a raspberry filling, it gives people an idea of the flavors inside. I also like toasted nuts on cakes to add a crunchy element to a moist/soft cake (as well as enhance and diversify flavors). I often glaze these nuts with maple syrup (and sometimes a bit of oil and/or some liqueur) so they have a shiny look instead of a dull look (see "Glossary of Cooking Terms" for more information on toasting/glazing nuts, or see the "09-Frangelico-Glazed Toasted Hazelnuts" recipe as an example). Other possible garnishes are shaved chocolate pieces for chocolate cakes, citrus zest in long thin

strands, fresh fruits in various forms (e.g., whole raspberries, slices of kiwi), edible flours, dried fruits, candied ginger, and toasted shredded coconut. It all depends on the flavors in the cake, and if you want to enhance or diversify the flavors.

Lastly, serving cakes sitting in a shallow "pool" of a dessert sauce is often very attractive, and can add a nice color and flavor contrast. If a bit more fat is acceptable, a nut cream/sauce is a good choice. Alternatively, low-fat dessert sauces can be made from fruit puree. Sauces can also add moisture to a cake that might be a little drier than desired.

SERVING SIZE
All of the cakes in this cookbook make 20 SMALL servings (they are quite small pieces). This could be the equivalent of 10 servings depending on how big people like their pieces of cake! If you want to make a 10 small serving cake, cut the ingredients for a 20 serving cake in half and then instead of using two 10 inch round spring form pans, use two 7 inch round pans (this will still make it a layered cake).

STORING CAKES
I like to make my cakes just a few hours before serving. If the icing is quite firm, the cake should not have to be refrigerated at all. Refrigerating the cake may be needed if it has not all been consumed after one day. Unfortunately, refrigerating cakes dries them out, and makes them denser. If you do refrigerate a cake, they should be well covered to minimized these negative effects. These cakes will generally keep covered in the refrigerator for up to 5 days, but lower fat cakes will not keep as long since they tend to dry out and get stale even faster than cakes with more fat. Covering the cakes should also keep undesirable odors from permeating the cake. When icing is covering part of the cake, moisture loss will be reduced in that area. When cut, the exposed cake surfaces will dry out quickly in the refrigerator (especially low fat cakes).

The cakes which are completely encased in icing also freeze fairly well - again, the icing minimizes moisture loss. When freezing, be sure the cake is completely cool and cover the cake well.

TROUBLESHOOTING
If you cakes come out too gooey and dense, check on the following:
- baking powder should be fresh and not have been exposed to humidity for a long time - it is best to use double acting baking powder (most are these days) - baking powder spoiled by humidity will not have the rising power, and will not work as well.
- the oven temperature should be accurate with the oven dial - if the oven temperature was lower than the dial says (maybe your oven thermostat is not correct, so it thinks it is at 375, but actually it might be at 325), then cakes will bake slower than they should, and the results will not be as good.
- the oven should be pre-heated.
- make sure the cakes bake long enough - test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it).
- do not use brown rice syrup in the cake batter because it is notorious for making heavy cakes.
- do not use sweet brown rice flour - it makes cakes dense and gooey - use regular brown rice flour (the kind make from short grain brown rice, and not from sweet brown rice).
- if using tapioca flour, do not make it from Minute Tapioca - use only tapioca flour or starch pre-ground in a bag, or by grinding old fashion pearl tapioca
Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

02-Amaretto-Peach Upside Down Chocolate Cake

Nutrition Facts
Servings per Recipe: 20

Amount Per Serving		
Calories	398	
Calories from Fat: 137		
% Daily Values*		
Total Fat	16g	24%
Saturated Fat	8g	40%
Cholesterol	0mg	0%
Sodium	158mg	7%
Total Carbohydrates	63g	21%
Dietary Fiber	5g	20%
Protein	5g	
Vitamin A		2%
Vitamin C		4%
Calcium		11%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20
Preparation Time: 1 hour 10 minutes
Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
*** AMARETTO-PEACH TOPPING/FILLING**
2 tablespoons high oleic sunflower oil (or coconut oil)
2 tablespoons amaretto
2 tablespoons light agave nectar syrup (or maple syrup)
1/4 cup brown rice syrup
1/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
2 tablespoons lemon juice
1 pound fresh peaches, sliced into crescent (about 4 large peaches)

*** CAKE**
DRY INGREDIENTS
1 1/2 cups brown rice flour
1 cup sorghum flour (or brown rice flour)
1/2 cup whole-grain teff flour
4 tablespoons tapioca flour
2 tablespoons sesame seeds, ground
1 1/4 cups cocoa (unsweetened)
3/4 teaspoon sea salt
2 teaspoons baking powder (double acting)
3/8 teaspoon baking soda

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 3/4 cups maple syrup
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup amaretto
3/4 cup water

*** GARNISH**
1/2 recipe 03-Chocolate Icing (this is another recipe in this cookbook)
1/4 cup sliced almonds, toasted, glazed
1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)

* AMARETTO-PEACH TOPPING/FILLING
In a saucepan over medium heat, add oil, amaretto, light agave nectar syrup, brown rice syrup, sugar, and lemon juice. Mix together and heat for about 3 minutes. Add sliced peaches, and coat peaches with mixture. Heat 1 minute and remove from heat.

Pre-heat oven to 375 degrees F (190 degrees C). Oil two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). Put parchment paper in the bottom of the pans, and oil again. For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

Lay out one layer of peach slices in the bottom of one of the pans on top of the parchment paper. This should take about half of the peaches mixture; the other half is for use as the filling between the two cake layers (see below in the GARNISH instructions). Do not pour any of the liquid/sauce from the peach mixture over the peaches; this can be used later in garnishing and serving the cake. Set aside all remaining peach slices and any liquid/sauce in the pan.

* CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour half of the mixture into the pan with peach topping, and the other half into the other prepared cake pan.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (the one that does not have the peach topping).

Take the remaining peach slices from the beginning of this recipe, and chop the peach slices into smaller pieces, and then spread this filling over the top of the first cake layer. (There will probably be some sauce left from the cooked peaches, and this is best used below.) Then place the second cake layer (the one that has the peach layer baked into it) on top of the first (so the baked in peaches are on the very top).

Ice the sides of the cake with "Chocolate Icing" (see other recipe in this book).

Take some of the reserved peach liquid/sauce from earlier in the recipe (after the peach slices were cooked), and drizzle this over the top of the cake. You don't want to drench the cake, so if you have extra left over, have it available when serving the cake. Garnish top of cake with toasted and glazed sliced almonds and the citrus zest.

VARIATIONS:
- "Amaretto-Apricot Upside Down Chocolate Cake" - Use fresh apricots in place of peaches.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Per Serving (excluding unknown items): 398 Calories; 16g Fat (34.3% calories from fat); 5g Protein; 63g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0

Fruit; 3 Fat; 2 1/2 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

02-Apricot-Ginger 'Snap' Bars

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	264	
Calories from Fat: 101		
% Daily Values*		
Total Fat	12g	18%
Saturated Fat	6g	31%
Cholesterol	0mg	0%
Sodium	112mg	5%
Total Carbohydrates	38g	13%
Dietary Fiber	3g	11%
Protein	4g	
Vitamin A		7%
Vitamin C		2%
Calcium		16%
Iron		19%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - These are slightly chewy, slightly cake-like bars with a rich molasses and ginger flavor. Freshly baked, they are more cake-like; the longer they sit (1-2 days+), the more chewy they become (more like a dense brownie).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Ingredients" for information about making ginger juice.

*** BARS**

DRY INGREDIENTS

1 1/4 cups brown rice flour
1/2 cup millet flour (or brown rice flour)
1/2 cup sorghum flour (or brown rice flour)
1/4 cup sesame seeds, ground
3 tablespoons tapioca flour
2 teaspoons ground cinnamon
1/2 teaspoon sea salt
2 teaspoons baking powder (double acting) (see Variations for other options)

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
1/2 cup maple syrup
1/2 cup blackstrap molasses
4 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 1/2 tablespoons ginger juice, fresh (squeezed from fresh, grated ginger root)
1 tablespoon vanilla extract
10 ounces coconut milk (or water)
3 tablespoons apricot preserves
1/2 teaspoon liquid lecithin, optional

--
*** PRE-BAKING GARNISH**
1/2 cup dried apricots, diced
--
*** GARNISH**
1/2 recipe 03-Cinnamon-Apricot Icing (this is another recipe in this cookbook)
1/2 cup fresh apricots, sliced

Preheat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

* BARS
Combine dry ingredients together. Blend together the liquids (including the whole sugar even though it is not a liquid), then stir into the flour mixture. Pour into the prepared cake pans.

* PRE-BAKING GARNISH
Sprinkle diced dried apricot pieces on top of the batter.

Bake for 35-40 minutes. Test to be sure they are finished: the "cake" (bars) should slightly pull away from the sides of the pan, and a toothpick inserted into the bars should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the bars because they can become too dry and dense in this case.

* GARNISH
Bars can be eaten as is, or optionally garnished with the Cinnamon-Apricot Icing and/or some sliced fresh apricots. If garnishing, they can all be garnished directly in the pan, or garnished one-by-one as they are served.

VARIATIONS:
- "Ginger 'Snap' Bars" - eliminate the use of all apricots - use applesauce in place of the apricot preserves.
- To create a lighter (less dense) bar, which is more like cake, use twice as much baking powder. Or to create a denser bar (like a dense/moist brownie), use no baking powder.

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 20 slices

Per Serving (excluding unknown items): 264 Calories; 12g Fat (38.5% calories from fat); 4g Protein; 38g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 112mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 Other Carbohydrates.

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02-Apricot-Pistachio Coffee Cake

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving		
Calories	296	
Calories from Fat: 130		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	4g	18%
Cholesterol	0mg	0%
Sodium	89mg	4%
Total Carbohydrates	38g	13%
Dietary Fiber	3g	12%
Protein	4g	
Vitamin A		5%
Vitamin C		3%
Calcium		8%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 12

Preparation Time: 1 hour

Notes: - A shallow cake batter (with a slight cornmeal texture), fruit drizzled on top, and then baked.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to this type of nut crumble tart as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.

*** CAKE**

DRY INGREDIENTS

1/2 cup cornmeal
1/2 cup pistachio nuts, ground
1/2 cup brown rice flour
1/4 cup whole-grain amaranth flour
1 tablespoon ground flax seed
1/4 teaspoon sea salt
1 teaspoon baking powder (double acting)

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2 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
3/4 cup maple syrup (or agave syrup)
1/4 cup almond butter (or other nut butter such as tahini or hazelnut butter)
1 teaspoon vanilla extract
1/3 cup water

ADDITIONS

1/4 cup pistachio nuts, toasted, chopped
1/4 cup dried apricots, cut in 1/4" pieces (soaked in hot water for about 10 minutes and then drained very well)

*** APRICOT TOPPING**
1/3 cup apricot preserves
2 tablespoons Grand Marnier (or other liqueur)
1 tablespoon arrowroot powder

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 10 inch round tart pan (or pie plate).

* CAKE
Combine dry ingredients together. Cut coconut oil (or non-hydrogenated vegetable shortening or oil) into flour mixture (using a fork and a knife). Combine liquids, then stir into the flour mixture. Stir in nuts and dried fruit. Pour into the prepared cake pan.

* APRICOT TOPPING
In a small bowl, mix together preserves, Grand Marnier, and arrowroot powder. Pour/drizzle/dollop this topping all around the top of the unbaked tart.

(If you have a pie crust protector handy, and it fits on the tart pan, use that around the edges as well - without one, the edges can get a bit overdone.)

Bake for 20-30 minutes. Test to be sure the tart is finished: the tart should slightly pull away from the sides of the pan, and a toothpick inserted into the tart should come out fairly clean (not wet with batter clinging to it, but don't worry about apricot topping). Also be careful not to overbake the tart because it can become too dry and dense in this case.

VARIATIONS:
- By using a different fruit (e.g., dried raspberries and raspberry preserves or dried pears and cooked pear chunks), and a different nut (e.g., macadamia nuts in place of pistachio nuts (both ground and chopped), many different variations of this nut crumble tart are possible.
- Replace 2 tablespoons of brown rice flour with mesquite meal (see the Glossary of Ingredient for more information about mesquite meal). This will make the tart slightly more dense with a unique light toasted-cinnamon flavor.
- Replace 1/4 cup of brown rice flour with sweet brown rice flour for a denser tart.

Per Serving (excluding unknown items): 296 Calories; 15g Fat (43.9% calories from fat); 4g Protein; 38g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

02-Blondies (Peanut Butter Brownies)

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving		
Calories	376	
Calories from Fat: 153		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	5g	25%
Cholesterol	0mg	0%
Sodium	176mg	7%
Total Carbohydrates	52g	17%
Dietary Fiber	5g	19%
Protein	6g	
Vitamin A		0%
Vitamin C		0%
Calcium		12%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 15

Preparation Time: 1 hour

Notes: - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to brownies as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- An easy way to grind flax seeds is in a coffee grinder.

- The sweet brown rice flour in these brownies adds a little extra denseness to the brownies. Sweet brown rice flour can be ground from sweet brown rice, or purchased as flour.

DRY INGREDIENTS

3/4 cup brown rice flour

1/2 cup sweet brown rice flour (or brown rice flour)

3/4 cup sorghum flour

1/2 cup whole-grain amaranth flour (or brown rice flour)

1/3 cup sesame seeds, ground

1 tablespoon ground flax seed

1/2 teaspoon sea salt

2 teaspoons baking powder (double acting)

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/4 cup unrefined coconut oil (or other oil as above)

1/2 cup peanut butter

1 1/2 cups maple syrup

1 tablespoon vanilla extract

2/3 cup water

ADDITIONS

160 grams chocolate, bittersweet, dairy-free, cut in chips (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free chocolate chips)

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

Combine dry ingredients together. Blend liquids, then stir into the flour mixture. Stir in chocolate. Pour into the prepared pan.

Bake for 35-40 minutes. Test to be sure the blondies are finished: the blondies should slightly pull away from the sides of the pan, and a toothpick inserted into the blondies should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the blondies because they can become too dry and dense in this case.

VARIATIONS:
- "Macadamia Nut Butter Blondies" - use macadamia nut butter in place of peanut butter.
- "Almond Butter Blondies" - use almond butter in place of peanut butter.

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Per Serving (excluding unknown items): 376 Calories; 18g Fat (40.6% calories from fat); 6g Protein; 52g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 176mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fat; 2 Other Carbohydrates.

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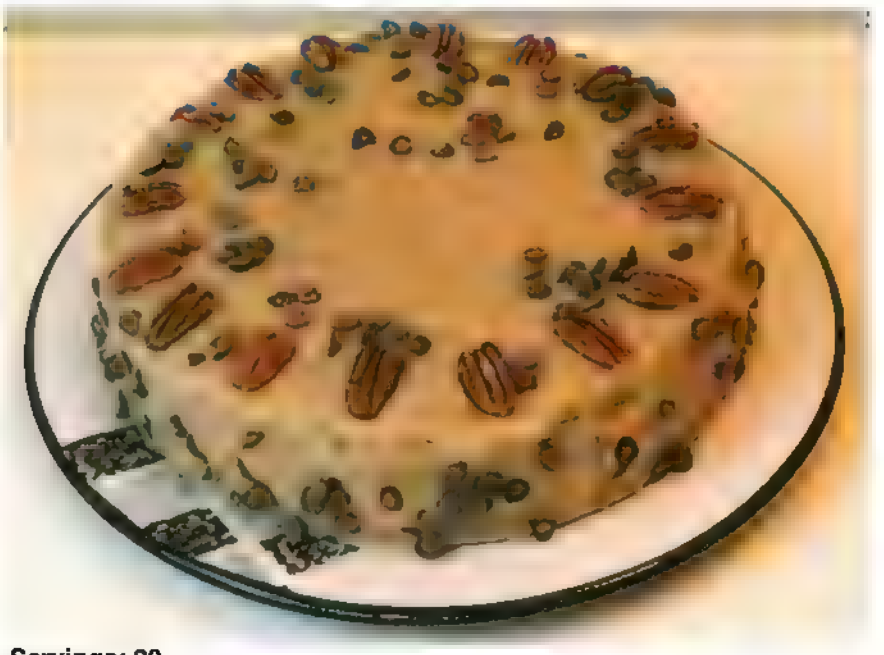
02-Carob-Mint Cake



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	311	
Calories from Fat: 96		
% Daily Values*		
Total Fat	11g	17%
Saturated Fat	4g	19%
Cholesterol	0mg	0%
Sodium	169mg	7%
Total Carbohydrates	51g	17%
Dietary Fiber	6g	23%
Protein	5g	
Vitamin A		1%
Vitamin C		0%
Calcium		12%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20
Preparation Time: 1 hour 10 minutes
Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

*** CAKE**
MINT SYRUP
1/2 cup maple syrup
1 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
2 cups water
1/4 cup dried mint leaves

DRY INGREDIENTS
1 1/2 cups brown rice flour
1 3/4 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
1 tablespoon ground flax seed
1 cup carob flour (carob powder)
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

WET INGREDIENTS
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 tablespoons vanilla extract

*** GARNISH**

1 recipe 03-Mint Icing (this is another recipe in this cookbook)
1 tablespoon fresh mint leaves
1/4 cup carob chips, dairy-free
1/2 cup pecan halves, toasted, glazed (glaze with maple syrup and mint extract)

* CAKE
MINT SYRUP
Add maple syrup, sugar and water to a sauce pan. Wrap dried mint leaves in a cheese cloth or put the leaves into a tea infuser (or more than one if all the leaves do not fit into one) (or just use mint tea bags). Add mint to maple syrup and water. Cover, bring to a boil, lower heat, and simmer for about 30-40 minutes. Let cool. Remove mint and remeasure the liquid. Add water so liquid amounts to 3 cups.

DRY INGREDIENTS
While mint is simmering, sift dry ingredients together.

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

WET INGREDIENTS
Once mint mixture is prepared and somewhat cooled, mix the oil, applesauce, and extract into the mint mixture. Stir the liquid mixture into the flour mixture. Pour into the prepared cake pans.

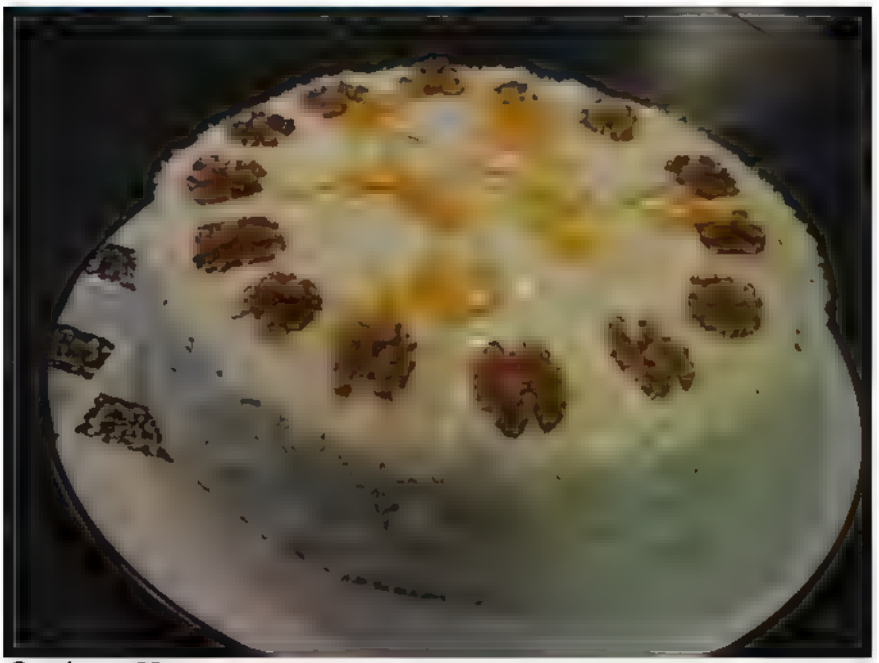
Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with fresh mint leaves, carob chips (for the edge of the cake), and toasted, glazed pecans (for the top of the cake).

VARIATIONS:
- "Chocolate-Mint Cake" - Use cocoa in place of carob flour and dairy-free chocolate chips (or chopped squares) in place of carob chips.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 311 Calories; 11g Fat (30.7% calories from fat); 5g Protein; 51g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 169mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.

02-Carrot Cake



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	390	
Calories from Fat: 149		
% Daily Values*		
Total Fat	17g	27%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	173mg	7%
Total Carbohydrates	56g	19%
Dietary Fiber	5g	21%
Protein	7g	
Vitamin A		87%
Vitamin C		5%
Calcium		12%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Chopped figs are used in this recipe instead of the traditional use of raisins.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- To make prune puree, soften prunes in a little hot water, and then puree. The resulting mixture should be as thin as oil.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

*** CAKE**

DRY INGREDIENTS

2 1/2 cups brown rice flour
1 cup sorghum flour (or brown rice flour)
1 tablespoon ground flax seed
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
2 tablespoons prune puree (or applesauce)
2 tablespoons applesauce, unsweetened
1 1/4 cups maple syrup
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup water

ADDITIONS
2 1/2 cups shredded carrots (from about 2 or 3 medium carrots)
1 cup dried figs (cut into raisin sized pieces) (or currants or raisins)
1/2 cup walnuts, chopped
--
*** GARNISH**
1 recipe 03-Orange Icing (this is another recipe in this cookbook)
1 teaspoon citrus zest, in long, thin strips (from 1 piece of citrus fruit)
1/2 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

* CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Fold in shredded carrots, figs, and walnuts. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and with 1/2 cup toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top).
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 390 Calories; 17g Fat (38.1% calories from fat); 7g Protein; 56g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 173mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

02-Chestnut-Carob Chip Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	390	
Calories from Fat: 133		
% Daily Values*		
Total Fat	15g	24%
Saturated Fat	9g	45%
Cholesterol	0mg	0%
Sodium	172mg	7%
Total Carbohydrates	61g	20%
Dietary Fiber	5g	19%
Protein	6g	
Vitamin A		0%
Vitamin C		6%
Calcium		12%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - I created this recipe during the 3 year period I lived in Trento, Italy.
- In Italy, this cake might be called "Torta di Castagne e Scaglie di Carruba".
- This is a satisfying, moist cake that gets its richness from chestnut flour, a more common ingredient in Italy, but probably only available in specialty shops outside Italy. Its distinctive flavor is different from any other flour, and chestnuts don't have nearly as much fat as regular nuts.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour)

*** CAKE**

DRY INGREDIENTS

1 1/4 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
3/4 cup chestnut flour
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup
1/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup water

--
ADDITIONS
1 cup carob chips, dairy-free
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*** GARNISH**
1 recipe 03-Frangelico (Hazelnut) Icing (this is another recipe in this cookbook)
--
3/4 cup chestnuts (if using bottled chestnuts, there are about 2 cups in 7 ounces)
1/4 cup maple syrup
1 tablespoon unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
--
2 tablespoons coconut shreds
1 tablespoon carob chips, dairy-free

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

* CAKE
DRY INGREDIENTS
Combine all dry ingredients. Sift all dry ingredients together.

(Note: I have experimented with the regular flour (e.g., brown rice) to chestnut flour ratio, and I find the 3 or 4 to 1 ratio best. For a stronger chestnut flavor, replace 1/2 cup of the brown rice flour with chestnut flour.)

WET INGREDIENTS
Combine all the wet ingredients (including sugar), then stir into the flour mixture. Pour batter into the prepared cake pans.

ADDITIONS
Sprinkle carob chips on top of the two cake pans (half on each).

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
If you are using fresh chestnuts, remove skin. (Bottled chestnuts should already have their skins removed.) Add the chestnuts and maple syrup to a small sauce pan and cook over medium heat until syrup thickens and mostly absorbs into the chestnuts (about 10 minutes). Lower heat a little, add the sugar, mix and heat for another 2 minutes. Remove from heat. Once they are cooled, cut them in half so they will be easier to use as a garnish.

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. (If you have small pieces of glazed chestnuts from the above glazing process that would not look that good on top of the cake, you can sprinkle them on this middle layer.) Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with glazed chestnuts (could go on the top in a ring around the edge), coconut (could go on the sides of the cake), and carob chips (could go on top between chestnuts). (Other garnishing ideas include edible flowers.)

VARIATIONS:
- "Chestnut-Chocolate Chip Cake" - Replace the carob chips with chocolate chips.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Per Serving (excluding unknown items): 390 Calories; 15g Fat (34.2% calories from fat); 6g Protein; 61g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 172mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 2 Other Carbohydrates.

02-Chocolate-Peanut Butter Cupcakes

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving		
Calories	285	
Calories from Fat: 151		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	9g	44%
Cholesterol	0mg	0%
Sodium	130mg	5%
Total Carbohydrates	31g	10%
Dietary Fiber	2g	9%
Protein	5g	
Vitamin A		0%
Vitamin C		1%
Calcium		5%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24

Preparation Time: 1 hour

Notes: - GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the all purpose flour). Non-gluten flours can be a bit too crumbly to create a portable cupcake. The recipe in the form shown is not suitable for people who want to or need to avoid gluten. Making the cupcakes non-gluten is certainly possible, just that they will be more delicate and crumbly: in place of the all-purpose flour, use 1.5 cups of sorghum flour, 1/4 cup potato flour, and 1/4 cup tapioca powder.

*** CUPCAKES**

DRY INGREDIENTS

1 1/2 cups all-purpose flour

1/2 cup sorghum flour (or all-purpose flour)

3/4 cup cocoa (unsweetened)

1 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

1/2 teaspoon sea salt

1 1/2 teaspoons baking powder (double acting)

1/4 teaspoon baking soda

—

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/4 cup unrefined coconut oil (or other oil as above)

4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)

3/4 cup peanut butter

3/4 cup maple syrup

1 tablespoon vanilla extract

14 ounces coconut milk (or water)

GARNISH

1/2 recipe 03-Chocolate Icing II

2 tablespoons chopped peanuts

Pre-heat oven to 350 degrees F (175 degrees C). Set out two baking sheets, and place 12 foil cupcake baking cups

on each sheet (or use two 12-muffin pans with foil baking cups).

* CUPCAKES
Sift dry ingredients together. Blend liquids, then stir into the flour mixture. Using a 1/3 cup measure, fill each baking cup with batter.

Bake for 12-20 minutes. They are done when a toothpick inserted into the cupcake should come out fairly clean (not wet with batter clinging to it).

* GARNISH
Once cool, frost with icing and sprinkle with chopped peanuts.

VARIATIONS:
- "Chocolate Cupcakes" - use almond butter in place of peanut butter.

Yield: 24 cupcakes

Per Serving (excluding unknown items): 285 Calories; 18g Fat (52.9% calories from fat); 5g Protein; 31g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 130mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

02-Chocolate-Raspberry Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	401	
Calories from Fat: 137		
% Daily Values*		
Total Fat	16g	25%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	162mg	7%
Total Carbohydrates	64g	21%
Dietary Fiber	7g	27%
Protein	6g	
Vitamin A		0%
Vitamin C		8%
Calcium		11%
Iron		18%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

*** CAKE**

DRY INGREDIENTS

1 1/4 cups brown rice flour
1/4 cup millet flour (or brown rice flour)
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
1 tablespoon ground flax seed
1 1/4 cups cocoa (unsweetened)
3/4 teaspoon sea salt
2 teaspoons baking powder (double acting)
3/8 teaspoon baking soda

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WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or puree about 1/3 of an apple)
1 3/4 cups maple syrup
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1 cup water

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*** FILLING**

10 ounces raspberries, frozen (or 10 ounces fresh raspberries) (or .5 cup jam mixed with 1 T lemon juice)
1 tablespoon brown rice syrup (or maple syrup)
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*** GARNISH**
1 recipe 03-Chocolate Icing (this is another recipe in this cookbook)
4 ounces fresh raspberries
1 teaspoon citrus zest, in long, thin strips (from 1 pieces of citrus fruit)
1 teaspoon chocolate, bittersweet, dairy-free, shaved
1/3 cup pecan halves, toasted, glazed (or walnut halves)

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

* CAKE
DRY INGREDIENTS
Sift dry ingredients together (except ground flax seed). Stir in ground flax seed.

WET INGREDIENTS
Blend liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* FILLING
When making a layered cake (using 2 identical sized pans), make the raspberry layer filling by lightly cooking the frozen raspberries with brown rice syrup, adding tablespoons of water as needed.

* GARNISH
Once raspberry layer filling has cooked down a bit, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread filling over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with fresh whole raspberries, citrus zest, shaved chocolate, and toasted, glazed pecans (chopped nuts around the edge and halves for the top).

VARIATIONS:
- "Carob-Raspberry Cake" - Use carob powder in place of cocoa, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.
- "Black Forest Cake" - Use cherry jam in place of the raspberry filling, and then garnish with pitted cherries (either fresh, drained cherries from a can, or thawed frozen cherries).
- "Chocolate Sambuca Cake" - Add 5 tablespoons of Sambuca liqueur to the batter, and add 4 teaspoons to the icing. Additionally, glaze the pecans with the liqueur after they are toasted.

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 20 slices

Per Serving (excluding unknown items): 401 Calories; 16g Fat (34.3% calories from fat); 6g Protein; 64g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 162mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 2 Other Carbohydrates.

02-Cinnamon Cupcakes

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving		
Calories	394	
Calories from Fat: 199		
% Daily Values*		
Total Fat	23g	35%
Saturated Fat	9g	47%
Cholesterol	0mg	0%
Sodium	172mg	7%
Total Carbohydrates	45g	15%
Dietary Fiber	2g	7%
Protein	5g	
Vitamin A		0%
Vitamin C		0%
Calcium		15%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 12

Preparation Time: 1 hour

Notes: - GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the regular white flour). The primary version of this recipe specifies a flour with gluten because when these cupcakes are made with non-gluten flours (such as brown rice and/or sorghum flour), they come out rather crumbly and delicate which does not work so well for cupcakes. It is certainly possible to make them with non-gluten flours, but since the characteristic would not match with a standard cupcake (portable and sturdy), then the recipe calls for a gluten flour with a non-gluten option. So this recipe as stated with first ingredients is not suitable for people who want to or need to avoid gluten.

- An easy way to grind flax seeds is in a coffee grinder.

*** CUPCAKES**

DRY INGREDIENTS

2 cups flour (or half brown rice flour and half sorghum flour for a gluten free cupcake - but a gluten free cupcake will be more crumbly and delicate)

1/4 cup sesame seeds, ground

1 tablespoon ground flax seed

1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

1/2 teaspoon sea salt

1 teaspoon ground cinnamon

2 teaspoons baking powder (double acting)

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WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/4 cup unrefined coconut oil (or other oil as above)

4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)

1/3 cup almond butter

3/4 cup maple syrup

1 tablespoon vanilla extract

1/3 cup water

*** GARNISH**

1/2 recipe 03-White Chocolate Icing (this is another recipe in this cookbook)

1/2 teaspoon ground cinnamon

Pre-heat oven to 350 degrees F (175 degrees C). Set out a 12-muffin pan, and place a foil baking cup in each cup (12).

* CUPCAKES
Combine dry ingredients together. Blend liquids, then stir into the flour mixture. Using a 1/2 cup measure, fill each baking cup with batter.

Bake for about 20 minutes. They are done when a toothpick inserted into the cupcake should come out fairly clean (not wet with batter clinging to it).

* GARNISH
Once cool, remove from pan and frost with icing and sprinkle with cinnamon.

VARIATIONS:
- "Peanut Butter Cinnamon Cupcakes" - use peanut butter in place of almond butter.

Yield: 12 cupcakes

Per Serving (excluding unknown items): 394 Calories; 23g Fat (50.5% calories from fat); 5g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 172mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 4 1/2 Fat; 1 1/2 Other Carbohydrates.

02-Cinnamon-Chai Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	379	
Calories from Fat: 150		
% Daily Values*		
Total Fat	17g	27%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	171mg	7%
Total Carbohydrates	54g	18%
Dietary Fiber	5g	19%
Protein	6g	
Vitamin A		0%
Vitamin C		2%
Calcium		14%
Iron		18%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

***CAKE**

REDUCED CHAI

2 cups chai, herbal, concentrated

DRY INGREDIENTS

1 1/2 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
1/2 cup whole-grain amaranth flour
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda
4 teaspoons ground cinnamon
2 teaspoons ground cardamom
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon ground fennel seeds

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)

1 1/2 cups maple syrup
1 1/2 tablespoons vanilla extract
1/2 tablespoon cinnamon flavoring/extract
14 ounces coconut milk (or water)
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*** GARNISH**
1 recipe 03-Cinnamon-Apricot Icing (this is another recipe in this cookbook)
1 cup pecans, toasted, glazed
1/8 teaspoon ground cinnamon

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

* CAKE
Place prepared chai into a sauce pan, and simmer until reduced to 1/4 cup (for use later in the recipe).

Sift dry ingredients together. Combine liquids, including the 1/4 reduced chai, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with toasted, glazed pecans (or walnuts or sliced almonds) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include coconut shreds and/or edible flowers.)

VARIATIONS
- Use the "03-Frangelico (Hazelnut) Icing" in place of the "03-Cinnamon-Apricot Icing".
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Per Serving (excluding unknown items): 379 Calories; 17g Fat (39.6% calories from fat); 6g Protein; 54g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 171mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

02-Hawaiian Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	379	
Calories from Fat: 133		
% Daily Values*		
Total Fat	15g	24%
Saturated Fat	9g	45%
Cholesterol	0mg	0%
Sodium	179mg	7%
Total Carbohydrates	58g	19%
Dietary Fiber	4g	17%
Protein	6g	
Vitamin A		0%
Vitamin C		7%
Calcium		11%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Ingredients" for information about making ginger juice.
- There is an option to use canned pineapple, which is an acceptable option, but the overall taste of the cake will not be quite a good as if fresh pineapple was used.

*** CAKE**

DRY INGREDIENTS

1 1/4 cups brown rice flour
1 cup millet flour (or brown rice flour)
1 1/4 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup (or 1 1/4 cup light agave nectar syrup)
1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup water

ADDITIONS

1/2 cup coconut shreds

1/2 cup fresh pineapple, cut in 1/4" cubes (or canned pineapple)

*** FILLING (OPTIONAL)**
1 cup fresh pineapple, chopped very fine (about quarter of one whole pineapple)
1 teaspoon ginger juice, fresh (squeezed from fresh, grated ginger root)
1/4 cup granulated sugar (preferably light in color)
2 tablespoons lime juice (from about one lime)

*** GARNISH**
1 recipe 03-Lemon-Ginger Icing (this is another recipe in this cookbook)
1/2 cup coconut shreds, toasted
1 teaspoon citrus zest, in long, thin strips (from half a citrus fruit)
1/2 cup fresh pineapple chunks (or canned pineapple)
1 tablespoon ginger root, candied, sliced

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

* CAKE
DRY INGREDIENTS
Sift dry ingredients together.

WET INGREDIENTS
Combine liquids, then stir into the flour mixture.

ADDITIONS
Fold in shredded coconut and pineapple. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* FILLING
(This filling is optional - for an easier preparation, just use some of the icing in the middle layer, and leave out this filing.)
When making a layered cake (using 2 identical sized pans), make the pineapple layer filling by lightly cooking the pineapple, ginger, sugar, and juice until most of the liquid has cooked off, and it is syrupy.

* GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing/frosting over the top of this first layer - and if using, spread the pineapple filling into this icing. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake around the edges with toasted, shredded coconut, and on top with citrus zest, fresh pineapple (cut into triangles), and sliced candied ginger root.
Serving Ideas: Serve with "Coconut Ice Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 379 Calories; 15g Fat (35.2% calories from fat); 6g Protein; 58g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

02-Hazelnut Brownies

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving		
Calories	475	
Calories from Fat: 258		
% Daily Values*		
Total Fat	31g	47%
Saturated Fat	7g	35%
Cholesterol	0mg	0%
Sodium	87mg	4%
Total Carbohydrates	50g	17%
Dietary Fiber	6g	22%
Protein	7g	
Vitamin A		0%
Vitamin C		0%
Calcium		11%
Iron		16%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 15

Preparation Time: 1 hour

Notes: - To make these vegan brownies rich and satisfying, this recipe calls for almond butter, ground hazelnuts, and sweet brown rice flour (which when cooked with a liquid get thick and viscous helping the brownies to bind).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to brownies as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.

DRY INGREDIENTS

1/2 cup brown rice flour

3/4 cup sorghum flour

1/2 cup sweet brown rice flour (if sweet brown rice flour is not used, the brownies will come out a little less chewy, and a little more cake-like)

1 cup hazelnuts, ground (or 1 1/4 cup hazelnut flour/meal)

1 tablespoon ground flax seed

3/4 cup cocoa powder

1/2 teaspoon sea salt

1/2 teaspoon baking powder (double acting) (this amount will product a gooey chewy brownie - can also use none to increase that - or if you want a lighter more crumbly brownie, can use up to up to 4 times this amount)

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2 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

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WET INGREDIENTS

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/4 cup unrefined coconut oil (or other oil as above)

1 1/2 cups maple syrup

1/2 cup almond butter (or other nut butter such as hazelnut butter or tahini)

1 tablespoon vanilla extract

2/3 cup water

1/2 teaspoon liquid lecithin (optional)

2 tablespoons cognac, or brandy (optional)

ADDITIONS

160 grams chocolate, bittersweet, dairy-free, cut in chips (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free chocolate chips)

1 cup hazelnuts, toasted (chopped into ~corn kernel sized chunks)

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

Combine dry ingredients together. Cut coconut oil (or non-hydrogenated vegetable shortening or oil) into flour mixture (using a fork and a knife). Combine liquids, then stir into the flour mixture. Stir in chocolate "chips" and hazelnuts. Pour into the prepared cake pan.

Bake for 35-40 minutes. Test to be sure the brownies are finished: the brownies should slightly pull away from the sides of the pan, and a toothpick inserted into the brownies should come out fairly clean (not wet with batter clinging to it, but don't worry about melted chocolate). Also be careful not to overbake the brownies because they can become too dry and dense in this case.

VARIATIONS:
- "Hazelnut-Carob Brownies" - Use carob powder in place of cocoa, and carob chips in place of chocolate chunks/chips.
- Use other types of nuts such as pecans, walnuts, or macadamia nuts.
- Replace 3 tablespoons of brown rice flour with mesquite meal (see the Glossary of Ingredient for more information about mesquite meal). This will make the brownies slightly more dense with a unique light toasted-cinnamon flavor.

Serving Ideas: Serve with "Simple Vanilla Ice Cream" (see recipe).

Yield: 15 slices

Per Serving (excluding unknown items): 475 Calories; 31g Fat (54.5% calories from fat); 7g Protein; 50g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 87mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 6 Fat; 2 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

02-Hazelnut-Chocolate Chunk Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	472	
Calories from Fat: 241		
% Daily Values*		
Total Fat	28g	43%
Saturated Fat	6g	30%
Cholesterol	0mg	0%
Sodium	169mg	7%
Total Carbohydrates	53g	18%
Dietary Fiber	4g	18%
Protein	7g	
Vitamin A		0%
Vitamin C		1%
Calcium		15%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - An easy way to grind flax seeds is in a coffee grinder.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

*** CAKE**

DRY INGREDIENTS

2 cups brown rice flour

3/4 cup sorghum flour (or brown rice flour)

1/2 cup soy flour

4 tablespoons tapioca flour

3/4 teaspoon sea salt

1 tablespoon baking powder (double acting)

1/8 teaspoon baking soda

1 tablespoon ground flax seed

1 cup hazelnuts, dry-roasted, ground

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WET INGREDIENTS

1/2 cup hazelnut oil (or high oleic sunflower oil or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)

1 1/2 cups maple syrup

1 1/2 tablespoons vanilla extract

14 ounces coconut milk (or water)

1/4 cup water

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1 cup hazelnuts, dry-roasted, chopped

150 grams chocolate, bittersweet, dairy-free, chopped (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free

chocolate chips)
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*** GARNISH**
1 recipe 03-Frangelico (Hazelnut) Icing (this is another recipe in this cookbook)
1/2 cup hazelnuts (toasted and cut in half) (glazed with maple syrup and Frangelico)
1 tablespoon chocolate, bittersweet, dairy-free, shaved

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

* CAKE
Sift flours, tapioca powder/flour, salt, baking powder and soda together. Mix in flax seeds and hazelnuts. Combine liquids, then stir into the flour mixture. Fold in chopped hazelnuts and chopped chocolate. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

* GARNISH
When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with toasted, glazed hazelnuts and shaved chocolate.

VARIATIONS:
- "Almond-Chocolate Chunk Cake" - Use almonds in place of all the different hazelnuts, high oleic sunflower oil in place of the hazelnut oil, Amaretto (Almond) Icing in place of the Frangelico (Hazelnut) Icing (see recipe variation in the "Frangelico (Hazelnut) Icing" recipe), and Amaretto in place of the Frangelico liqueur when glazing the nuts.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 472 Calories; 28g Fat (51.0% calories from fat); 7g Protein; 53g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 169mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 5 1/2 Fat; 2 Other Carbohydrates.

02-Lemon-Poppy Seed Pound Cake

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving		
Calories	375	
Calories from Fat: 153		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	3g	17%
Cholesterol	0mg	0%
Sodium	202mg	8%
Total Carbohydrates	50g	17%
Dietary Fiber	3g	12%
Protein	8g	
Vitamin A		0%
Vitamin C		5%
Calcium		25%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 10

Preparation Time: 1 hour 10 minutes

Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- A very high calcium and iron cake (due to the poppy seeds).

CAKE

3/4 cup brown rice flour
1/4 cup sweet brown rice flour
1/4 cup sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
1/4 teaspoon sea salt
1/2 tablespoon baking powder (double acting)
1/2 teaspoon baking soda

1/2 cup poppy seeds
1/4 cup ground almonds
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2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
6 ounces silken tofu, blended (see the "Glossary of Ingredients" for more information about silken tofu)
1/2 cup light agave nectar syrup (or maple syrup)
6 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/2 tablespoon vanilla extract
1/2 tablespoon lemon extract
1 1/2 tablespoons lemon juice (from one lemon)
1/2 cup water

GARNISH
1/2 tablespoon lemon extract
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1/2 recipe 03-Orange Icing (make the Lemon Icing variation inside of the "Orange Icing" recipe which is another recipe in this cookbook)
2 tablespoons poppy seeds
2 tablespoons coconut shreds, toasted
1 teaspoon lemon zest, in long, thin strips (from half of a lemon)
3 lemon slices

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two medium loaf pans (it is also possible to use one 9 inch by 9 inch pan). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients (except poppy seeds and ground almonds) together and then mix in poppy seeds and almonds. Cut shortening (or oil) into flour mixture (using a fork and a knife). Combine liquids (including blended tofu), then stir into the flour mixture. Pour into the prepared loaf pans.

Bake for 30-35 minutes (longer if using one 9 inch by 9 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
Once cakes are out of the oven, brush the garnish lemon extract on the cakes (this gives them an extra lemon flavor that can not bake out and provides moistness to the cakes helping to give them that distinctive pound cake texture).

When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with poppy seeds and coconut shreds around the edges, and citrus zest and fresh thinly sliced whole citrus pieces on top.
Serving Ideas: Serve with "Lemon Ice Cream" (see recipe).
Yield: 10 slices

Per Serving (excluding unknown items): 375 Calories; 18g Fat (40.7% calories from fat); 8g Protein; 50g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 202mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

02-Lime-Poppy Seed Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	360	
Calories from Fat: 137		
% Daily Values*		
Total Fat	16g	24%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	169mg	7%
Total Carbohydrates	52g	17%
Dietary Fiber	4g	17%
Protein	6g	
Vitamin A		0%
Vitamin C		4%
Calcium		18%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- This is not a particularly low-fat cake due to the use of poppy seeds.

CAKE

1 1/2 cups brown rice flour
1/2 cup millet flour (or brown rice flour)
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda
--
2/3 cup poppy seeds
--
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup
1 tablespoon vanilla extract
1 tablespoon lime extract
14 ounces coconut milk (or water)
1/3 cup water
--

GARNISH

1 recipe 03-Orange Icing (make the Lime Icing variation inside of the "Orange Icing" recipe which is another recipe in this cookbook)
1 teaspoon poppy seeds

1 tablespoon coconut shreds, toasted
1 teaspoon lime zest, in long, thin strips (from half a lime)
3 lime slices

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients (except poppy seeds) together and then mix in poppy seeds. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread a thin layer of icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with poppy seeds and coconut shreds around the edges, and citrus zest and fresh thinly sliced whole lime pieces on top.

VARIATIONS:
- "Lime-Coconut Cake" - add 1-2 Tablespoons of coconut extract and 1/2 cup coconut shreds in addition to the other ingredients.
Serving Ideas: Serve with "Coconut Ice Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 360 Calories; 16g Fat (38.0% calories from fat); 6g Protein; 52g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 169mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

02-Maple Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	364	
Calories from Fat: 147		
% Daily Values*		
Total Fat	17g	26%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	167mg	7%
Total Carbohydrates	50g	17%
Dietary Fiber	3g	13%
Protein	6g	
Vitamin A		0%
Vitamin C		2%
Calcium		11%
Iron		12%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - This is the basic cake recipe upon which all cakes in this cookbook are based.
- If you are interested in making a lower fat cake, see the "Maple Cake-Low Fat" recipe which is basically the same cake, but with less fat.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

CAKE

2 1/2 cups brown rice flour
1 cup sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup water

GARNISH

1 recipe 03-Lemon-Ginger Icing (this is another recipe in this cookbook)
1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)
1 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

VARIATIONS
- Use the "Cinnamon-Apricot Icing" in place of the "Lemon-Ginger Icing".
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 364 Calories; 17g Fat (40.4% calories from fat); 6g Protein; 50g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 167mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

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02-Maple Cake-Low Fat

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	243	
Calories from Fat: 40		
% Daily Values*		
Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	164mg	7%
Total Carbohydrates	48g	16%
Dietary Fiber	3g	10%
Protein	4g	
Vitamin A		0%
Vitamin C		1%
Calcium		10%
Iron		9%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - This cake has about 18% of its calories from fat! - even with a 1/4 cup of walnuts for garnishing.
- This is essentially the same cake as the "Maple Cake", but with less fat (and a lower fat icing). This recipe has been specifically designed as a lower fat alternative. The techniques applied here (using applesauce in place of part of the oil, etc.) can be applied to any cake recipe in this cookbook to make the cake lower in fat.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

CAKE

2 1/2 cups brown rice flour
1 cup sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

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3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
9 tablespoons applesauce, unsweetened (or could blend up about 2/3 of an apple)
1 1/2 cups maple syrup
1 1/2 tablespoons vanilla extract
1 1/2 cups water

GARNISH

1 recipe 03-Lime Icing-Low Fat (this is another recipe in this cookbook)
1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)
1/4 cup walnuts, toasted, glazed (or pecans)

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible

to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake.

Garnish cake with citrus zest and toasted, glazed walnuts (or hazelnut halves or pecans) (chopped nuts around the edge and halves for the top). (Other garnishing ideas include fresh or dried fruit and edible flowers.)

VARIATIONS
- Use the "Cinnamon-Apricot Icing" in place of the "Lime Icing".
Serving Ideas: Serve with "10-Amazake Dessert Sauce" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 243 Calories; 5g Fat (16.6% calories from fat); 4g Protein; 48g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 164mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.

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02-Mocha Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	441	
Calories from Fat: 166		
% Daily Values*		
Total Fat	20g	30%
Saturated Fat	8g	41%
Cholesterol	0mg	0%
Sodium	168mg	7%
Total Carbohydrates	66g	22%
Dietary Fiber	6g	24%
Protein	7g	
Vitamin A		0%
Vitamin C		1%
Calcium		14%
Iron		21%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - In this recipe, I call for coffee substitute as both a powder and brewed. You can use any brand of coffee substitute including the instant varieties such as Cafix or Roma, or non-instant varieties such as Teeccino.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

CAKE

1 3/4 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
1 cup cocoa (unsweetened)
3/4 teaspoon sea salt
2 teaspoons baking powder (double acting)
3/8 teaspoon baking soda
1 tablespoon ground flax seed

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 3/4 cups maple syrup
1/4 cup molasses, blackstrap
1 1/2 tablespoons vanilla extract
2 tablespoons coffee extract (or 1/3 cup coffee liqueur)
14 ounces coconut milk (or water)
3/4 cup coffee substitute, strong brewed (or strong brewed coffee - regular or decaf)
1/4 cup coffee substitute powder (or instance coffee - regular or decaf)
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150 grams chocolate, bittersweet, dairy-free, chopped (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free chocolate chips)

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GARNISH

2 tablespoons coffee liqueur

1 recipe 03-Chocolate Icing (this is another recipe in this cookbook)

1/4 cup coconut shreds, toasted

1 teaspoon citrus zest, in long, thin strips (from 1 pieces of citrus fruit)

1 teaspoon chocolate, bittersweet, dairy-free, shaved

1/2 cup pecan halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

CAKE
Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Combine liquids (including coffee substitute powder), then stir into the flour mixture. Gently stir in chopped chocolate (or chocolate chips). Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
When making a layered cake (using 2 identical sized pans), place the bottom layer of the cake on a serving plate (with parchment paper under the edges). Drizzle 1 tablespoon of the coffee liqueur over the bottom cake, and then spread some of the icing over the top of this first layer. Then place the second layer on top of the first, drizzle with the other tablespoon of coffee liqueur, and then frost/ice the entire cake.

Garnish cake with shredded coconut, citrus zest, shaved chocolate, and toasted, glazed pecans (chopped nuts around the edge and halves for the top).

VARIATIONS:
- "Carob-Mocha Cake" - Use carob powder in place of cocoa and carob chips in place of chopped chocolate/chocolate chips, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 20 slices

Per Serving (excluding unknown items): 441 Calories; 20g Fat (37.6% calories from fat); 7g Protein; 66g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

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02-Orange-Chocolate Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	421	
Calories from Fat: 136		
% Daily Values*		
Total Fat	16g	25%
Saturated Fat	8g	39%
Cholesterol	0mg	0%
Sodium	163mg	7%
Total Carbohydrates	68g	23%
Dietary Fiber	7g	26%
Protein	7g	
Vitamin A		2%
Vitamin C		36%
Calcium		13%
Iron		17%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

CAKE

1 1/2 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
1 tablespoon ground flax seed
1 1/4 cups cocoa (unsweetened)
3/4 teaspoon sea salt
2 teaspoons baking powder (double acting)
3/8 teaspoon baking soda

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 3/4 cups maple syrup
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup Grand Marnier
1 tablespoon orange extract (also called orange oil or orange flavoring)
3/4 cup water

FILLING

2 medium oranges
1 tablespoon Grand Marnier
1/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
2 tablespoons brown rice syrup (or maple syrup)
--
GARNISH
1 recipe 03-Chocolate Icing (this is another recipe in this cookbook)
4 medium oranges
1 teaspoon orange peel, cut in 1/4" squares (from one orange)
1/4 cup walnut halves, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans) (for more information refer to the Cake Pan discussion in the "Cake Notes" at the beginning of this chapter).

CAKE
Sift dry ingredients together (except ground flax seed). Stir in ground flax seed. Blend liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

FILLING
When making a layered cake (using 2 identical sized pans), make the orange layer filling. Using a knife, cut off the entire peel (the skin and the white part) from the oranges. Also remove the white part from the middle of the orange. Chop the oranges. Add the chopped oranges, Grand Marnier, sugar, and brown rice syrup to a pan, and gently cook until most of the liquid has evaporated or absorbed in. This could take over 10 minutes since this cooking process does pull the juices out of the orange pieces.
(If you would rather not make your own filling, you can use orange marmalade in place of this filling.)

GARNISH
Once orange layer filling has cooked down a bit, and after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread some of the icing over this first layer. Then spread all of the orange filling over the top of this icing. Then place the second layer on top of the first, and frost/ice the sides of the cake. If you want, you can also frost/ice the top of the cake.

To garnish the top of the cake, using a knife, cut off the entire peel (the skin and the white part) from the oranges. Slice oranges about 1/4" thick across (through all the sections so the center of the orange appears as a small white dot in the middle of the orange slices which will look like wheels). Arrange these orange slices on top of the cake (I prefer them not to overlap; could take up to 20 slices to cover entire cake). Place a small square of orange peel in the center of each orange slice. Arrange the toasted, glazed walnut halves around the edges of the cake (on top of the icing) where the cake meets the plate.

VARIATIONS:
- "Carob-Orange Cake" - Use carob powder in place of cocoa, and "Carob Icing" in place of "Chocolate Icing" (see recipe). This will yield a lower fat cake.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 421 Calories; 16g Fat (32.4% calories from fat); 7g Protein; 68g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 163mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 2 1/2 Other Carbohydrates.

02-Pineapple Upside Down Cake

Servings: 20
Preparation Time: 1 hour 10 minutes

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	316	
Calories from Fat: 109		
% Daily Values*		
Total Fat	13g	19%
Saturated Fat	7g	36%
Cholesterol	0mg	0%
Sodium	160mg	7%
Total Carbohydrates	51g	17%
Dietary Fiber	4g	15%
Protein	3g	
Vitamin A		0%
Vitamin C		7%
Calcium		8%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- Refer to the "Cake Notes" earlier in this book for information about making cakes (including the methods used to make this a more "decadent" cake, and other methods if you want to make a cake lower in fat).

PINEAPPLE TOPPING
2 tablespoons high oleic sunflower oil (or coconut oil)
3 tablespoons maple syrup
3 tablespoons brown rice syrup
16 ounces fresh pineapple, sliced into rings (about 6 large 1/2-inch rings)
2 teaspoons orange zest, chopped (from one orange)
1/2 teaspoon ground cinnamon

CAKE
2 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
2 teaspoons ground cinnamon
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/4 cup water

FILLING

1 cup fresh pineapple, chopped fine
1 tablespoon brown rice syrup
2 teaspoons orange zest, chopped (from one orange)

GARNISH
1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)

PINEAPPLE TOPPING
In a saucepan over medium heat, add oil, maple syrup, and brown rice syrup. Mix together and heat for about 3 minutes. Add pineapple, orange zest and cinnamon, and coat pineapple with mixture. Heat 1 minute and remove from heat.

Pre-heat oven to 375 degrees F (190 degrees C). Oil two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). Put parchment paper in the bottom of the pans, and oil again. For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

Lay out the one layer of pineapple slices in the bottom of one of the pans on top of the parchment paper. Do not pour extra liquid that remains in the sauce over the pineapple, instead, reserve this liquid for use in garnishing and serving the cake. Also, if there are too many pineapple slices, save those for garnish as well.

CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour half of the mixture into the pan with pineapple topping, and the other half into the other prepared cake pan.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

FILLING
In a small sauce pan, heat chopped pineapple, brown rice syrup, and orange zest until thick. Let cool before using as a filling between two layers of cake.

GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (the one that does not have the pineapple topping), and spread the filling over the top of this first layer. Then place the second layer (the one that has the pineapple layer baked into it) the on top of the first.

Take some of the reserved liquid from earlier in the recipe (after the peach slices were briefly cooked), and drizzle this over the top of the cake. You don't want to drench the cake, so if you have extra left over, have it available when serving the cake. Garnish top of cake with the citrus zest.

VARIATIONS:
- "Pear Upside Down Cake" - Use ripe pears in place of pineapple.
- Can also try apple or plum instead of pineapple.

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 20 slices

Per Serving (excluding unknown items): 316 Calories; 13g Fat (34.4% calories from fat); 3g Protein; 51g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 160mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

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02-Pumpkin Custard Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	468	
Calories from Fat: 206		
% Daily Values*		
Total Fat	24g	37%
Saturated Fat	8g	41%
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrates	61g	20%
Dietary Fiber	6g	23%
Protein	8g	
Vitamin A		163%
Vitamin C		5%
Calcium		12%
Iron		18%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - A nice alternative to pumpkin pie.

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

CAKE

2 cups brown rice flour
1 1/2 cups sorghum flour (or brown rice flour)
4 tablespoons tapioca flour
3/4 teaspoon sea salt
1 tablespoon baking powder (double acting)
1/8 teaspoon baking soda
1 teaspoon ground cinnamon
--
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup unrefined coconut oil (or other oil as above)
4 tablespoons applesauce, unsweetened (or could blend up about 1/3 of an apple)
1 1/2 cups maple syrup
1 1/2 tablespoons vanilla extract
14 ounces coconut milk (or water)
1/2 cup water
--

WALNUT FILLING

2 1/2 cups walnuts, toasted, glazed
2 tablespoons walnut oil (or coconut oil or high oleic sunflower oil)

1 tablespoon brown rice syrup (or maple syrup)
2 tablespoons maple syrup

CUSTARD
2 teaspoons agar flakes
1/2 cup water
---
3 cups pumpkin puree (from about 3 pounds of pumpkin, baked) (or use canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)
1/2 cup maple syrup
2 tablespoons light agave nectar syrup
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cardamom
1/4 teaspoon ground cloves
1/2 teaspoon ground nutmeg
2 tablespoons almond butter
1 tablespoon vanilla extract
1 pinch sea salt

CHOCOLATE SAUCE
2 tablespoons cocoa
1 tablespoon high oleic sunflower oil (or coconut oil)
1 tablespoon brown rice syrup (or maple syrup)
1 tablespoon molasses, blackstrap
1 tablespoon unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/2 teaspoon vanilla extract
1 tablespoon soy milk

GARNISH
1/4 cup walnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients together. Combine liquids, then stir into the flour mixture. Pour into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

WALNUT FILLING
After toasting and glazing the walnuts, place them in a food processor and grind for a minute. Add oil and brown rice syrup and process. You don't want to create a smooth paste, but you do want the mixture to be able to stick together some. Set aside until the cakes are ready.

CUSTARD
Put agar flakes and water in a small sauce pan and let sit for 10 minutes.

Combine remaining custard ingredients in a food processor, and blend until very smooth.

Lightly cook agar/water mixture for 5 to 10 minutes until agar is dissolved (keep pan covered as much as possible so

all the water does not evaporate).

Add the pureed pumpkin mixture to the pan with the agar and continue to cook for about 4 minutes to fully integrate all the ingredients.

Leave half of the mixture in the pan so it can be poured over the top of the cake later, and take the other half of the custard and refrigerate it so it becomes firmer (this will be used to frost the edge of the cake, so it should have a consistency more like frosting).

ASSEMBLY
After the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges). (If cake was baked in a 9x13 pan, you can cut the cake in half and use one as the bottom layer and one as the top layer.) Spread a thin layer of the custard mixture (use some from the sauce pan) over the top of the first cake. Then, spread/lightly pat the walnut filling over the top of this layer. Then spread another thin layer of custard mixture over the walnut layer (these thin layers of pumpkin custard are to help hold the cake layers, with the walnut layer, together). Then place the second cake layer on top of the first.

Using the custard mixture that is still in the sauce pan, pour this on the center of the top of the cake. You don't want this custard to go down the sides, but rather just create a thick custard layer on top. Spread evenly over the top of the cake so it covers as much of the top of cake as possible.

CHOCOLATE SAUCE
Blend all chocolate sauce ingredients (either in a small bowl with a fork, or in a food processor or blender). Sauce should be pourable.

Drizzle most of the sauce over the custard to create four horizontal, joined lines. Drag a knife across the sauce in a similar pattern to create a marbleized effect. Set aside the remaining chocolate sauce to use when serving.

GARNISH
Garnish top of cake with the toasted and glazed walnut halves.

FINAL ASSEMBLY
If possible refrigerate the cake to allow the top custard layer to set (maybe 1 hour). At this point, remove the cake and the other half of the custard from the refrigerator. Frost the edges of the cake with this custard (it should be thick enough so when placed on the vertical edges of the cake it does not drip down). The custard should now cover the entire top of the cake and the sides of the cake.

When serving, use the remaining chocolate sauce as an accent sauce (in small amounts).
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 468 Calories; 24g Fat (44.1% calories from fat); 8g Protein; 61g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 170mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 2 Other Carbohydrates.

02-Pumpkin-Coconut Brownies

Servings: 15
Preparation Time: 1 hour

Nutrition Facts

Servings per Recipe: 15

Amount Per Serving		
Calories	377	
Calories from Fat: 150		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	7g	36%
Cholesterol	0mg	0%
Sodium	137mg	6%
Total Carbohydrates	54g	18%
Dietary Fiber	4g	18%
Protein	6g	
Vitamin A		36%
Vitamin C		1%
Calcium		13%
Iron		16%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - Refer to the "Cake Notes" at the front of this chapter for information about making cakes (applying to brownies as well) (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- The coconut flour makes for a denser/heavier pumpkin brownie; if a lighter pumpkin brownie is preferred, use sorghum flour in place of the coconut flour.

DRY INGREDIENTS
3/4 cup brown rice flour
1/2 cup coconut flour
3/4 cup sorghum flour
1/2 cup whole-grain teff flour (or brown rice flour)
1/3 cup sesame seeds, ground
1 tablespoon ground flax seed
1/2 teaspoon sea salt
2 teaspoons baking powder (double acting)

WET INGREDIENTS
1/2 cup unrefined coconut oil (or other oil as above)
1/2 cup sunflower seed butter (or almond butter)
1/2 cup pumpkin puree
1 1/2 cups maple syrup
1 tablespoon vanilla extract
1 1/2 cups water

ADDITIONS
160 grams chocolate, bittersweet, dairy-free, cut in chips (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free chocolate chips)

Pre-heat oven to 350 degrees F (175 degrees C). Oil and flour a 9 inch by 13 inch pan.

Combine dry ingredients together. Blend liquids, then stir into the flour mixture. Stir in chocolate. Pour into the prepared pan.

Bake for 35-40 minutes. Test to be sure the brownies are finished: the brownies should slightly pull away from the sides of the pan, and a toothpick inserted should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake because they can become too dry and dense in this case.

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Per Serving (excluding unknown items): 377 Calories; 18g Fat (39.9% calories from fat); 6g Protein; 54g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 137mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 1/2 Fat; 2 Other Carbohydrates.

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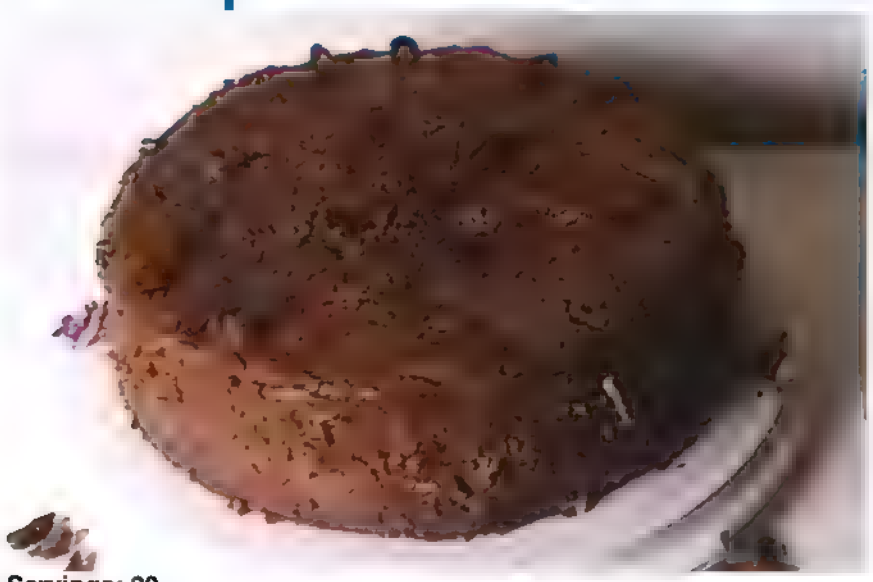
02-Pumpkin-Hazelnut-Chocolate Cake



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	436	
Calories from Fat: 199		
% Daily Values*		
Total Fat	23g	36%
Saturated Fat	7g	35%
Cholesterol	0mg	0%
Sodium	168mg	7%
Total Carbohydrates	55g	18%
Dietary Fiber	4g	18%
Protein	7g	
Vitamin A		81%
Vitamin C		3%
Calcium		17%
Iron		19%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20
Preparation Time: 1 hour 10 minutes

Notes: - This cake takes a bit more work than usual because two cake batter and two icings are made; this provides a nice contrast between the pumpkin color and the chocolate color.
- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

PUMPKIN CAKE
1 1/2 cups brown rice flour
2 tablespoons ground flax seed
3/4 cup hazelnuts, toasted, ground
2 tablespoons tapioca flour
3/8 teaspoon sea salt
1/2 tablespoon baking powder (double acting)
---
4 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)
---
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 cup pumpkin puree (from about 1 pound of pumpkin, baked) (or use canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)
3/4 cup maple syrup
2 teaspoons vanilla extract
14 ounces coconut milk (or water)

CHOCOLATE CAKE
1 1/2 cups brown rice flour
2 tablespoons flax seeds, ground
3/4 cup hazelnuts, toasted, ground
2 tablespoons tapioca flour
1/2 cup cocoa (unsweetened)

3/8 teaspoon sea salt
1 teaspoon baking powder (double acting)
1/4 teaspoon baking soda
--
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
3 tablespoons applesauce, unsweetened
3/4 cup maple syrup
1/4 cup molasses, blackstrap
2 teaspoons vanilla extract
3/4 cup water
--
GARNISH
1/2 recipe 03-Pumpkin Icing (this is another recipe in this cookbook)
1/2 recipe 03-Chocolate Icing (this is another recipe in this cookbook)
1 teaspoon orange zest, in long, thin strips (from half of an orange)
1 teaspoon chocolate, bittersweet, dairy-free, shaved
1/2 cup hazelnuts, toasted, glazed

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKES
Sift dry ingredients for pumpkin cake together. Cut shortening (or oil) into flour mixture for the pumpkin cake (using a fork and a knife). Sift dry ingredients for chocolate cake together in a separate bowl.

Combine liquids for pumpkin cake. Combine liquids for chocolate cake in a separate bowl.

Stir together liquids and dry ingredients for the pumpkin cake. Stir together liquids and dry ingredients for the chocolate cake. Pour the pumpkin cake into one of the prepared cake pans. Pour the chocolate cake into one of the prepared cake pans.

Bake for 30-40 minutes. Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
After the cakes have cooled, place the bottom layer of the cake (either chocolate or pumpkin) on a serving plate (with parchment paper under the edges), and spread the pumpkin icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake with pumpkin and chocolate icing in stripes or some other pattern.

Garnish cake with citrus zest, shaved chocolate and toasted, glazed hazelnuts (chopped nuts around the edge and halves for the top).
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices
Per Serving (excluding unknown items): 436 Calories; 23g Fat (45.6% calories from fat); 7g Protein; 55g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 168mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 2 Other Carbohydrates.

02-Red Velvet Cake

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	371	
Calories from Fat: 154		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	10g	52%
Cholesterol	0mg	0%
Sodium	325mg	14%
Total Carbohydrates	51g	17%
Dietary Fiber	4g	17%
Protein	6g	
Vitamin A		0%
Vitamin C		4%
Calcium		12%
Iron		12%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 1 hour 10 minutes

Notes: - This is a vegan version of the Red Velvet Cake popular in the south; the cake idea allegedly originates from the Waldorf Astoria Hotel.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

- Refer to the "Cake Notes" at the front of this chapter for information about making cakes (including the methods that can be used to make a cake more "decadent", and other methods to make a cake lower in fat).

CAKE

1 1/2 cups brown rice flour

2 cups sorghum flour (or brown rice flour)

4 tablespoons tapioca flour

3/4 teaspoon sea salt

—

1/4 cup vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/4 cup unrefined coconut oil (or other oil as above)

1 1/2 cups granulated sugar (preferably light in color)

6 ounces silken tofu (see the "Glossary of Ingredients" for more information about silken tofu)

1 tablespoon cocoa (unsweetened)

3 tablespoons beet powder (this should not add flavor) (or more to make the cake batter very red)

2 tablespoons vanilla extract
---
14 ounces coconut milk (or water)
1/2 cup soy milk
1 tablespoon lemon juice
---
4 1/2 teaspoons egg replacer powder (see "Glossary of Ingredients")
6 tablespoons water
---
2 teaspoons white vinegar
2 teaspoons baking soda

GARNISH
1 recipe 03-Coconut Icing (this is another recipe in this cookbook)
1 teaspoon citrus zest, in long, thin strips (from half of a citrus fruit)
5 lemon wheels
1/4 cup coconut shreds

Pre-heat oven to 375 degrees F (190 degrees C). Oil and flour two 10 inch round spring form pans (it is also possible to use one 9 inch by 13 inch pan or two 9 inch by 9 inch pans). For more information about pans and about the use of parchment paper for extremely easy cake turn out, refer to the Cake Pan/Parchment Paper discussion in the "Cake Notes" at the beginning of this chapter.

CAKE
Sift dry ingredients together.

Beat together the shortening, oils and sugar. Add tofu, cocoa, beet powder, and vanilla, and continue to beat. Mix together the coconut milk, soy milk and lemon juice, and add this to the sugar mixture and continue to beat.

Stir the sugar mixture into the flour mixture.

Prepare the egg replacer as described on the box (for the equivalent of 3 eggs) (this will probably be 6 tablespoons of water and 4 1/2 teaspoons of egg replacer powder whipped together).

Fold egg replacer mixture into the cake batter.

Then into the same small bowl, mix together white vinegar and baking soda. It will be very foamy. Stir it briefly, and then add it to the cake batter. Fold it in, but do not mix too much.

Pour cake batter into the prepared cake pans.

Bake for 30-40 minutes (longer if using one 9 inch by 13 inch pan). Test to be sure the cakes are finished: the cakes should slightly pull away from the sides of the pan, and a toothpick inserted into the cake should come out fairly clean (not wet with batter clinging to it). Also be careful not to overbake the cakes because they can become too dry and dense in this case.

GARNISH
When making a layered cake (using 2 identical sized pans), after the cakes have cooled, place the bottom layer of the cake on a serving plate (with parchment paper under the edges), and spread the icing/frosting over the top of this first layer. Then place the second layer on top of the first, and frost/ice the entire cake. (If you like to have very thick icing, then make double the amount of Coconut Icing.)

Garnish cake with citrus zest, sliced lemon wheels and coconut shreds (coconut around the edge of the cake). (Other garnishing ideas include other fresh or dried fruit and edible flowers.)

VARIATIONS
- Use the "03-Lemon-Ginger Icing" in place of the "03-Coconut Icing".
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 20 slices

Per Serving (excluding unknown items): 371 Calories; 18g Fat (41.5% calories from fat); 6g Protein; 51g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 325mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

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03- ******* ICINGS *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

- These icing are mainly for the cakes in the previous chapter, but they could also be used to ice muffins or cup cakes, or even as a heavy dessert "cream" used with pie slices or crisps.
- Many of the icings call for cashew butter because it provides a richness and thickness that makes it more like conventional icing.
- Icing are often best made 1 day in advance of when you want to use them so they have time to thicken up in the refrigerator (thereby making it easier to spread on a cake). If you forget to do it 1 day in advance, do it some hours in advance if possible; the more time the icing is in the refrigerator, the thicker it will become, and even a few hours of refrigeration will help make an icing easier to spread on a cake. That said, most icings can be spread on cakes right away because they should be thick enough to cling and hold (due to the nut butter or other thick ingredients such as pumpkin puree or melted chocolate).
- Refer to notes in the "Glossary of Ingredients" under "Tofu" for more information about using silken tofu and the different types of silken tofu.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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03-Chocolate Icing

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	69	
Calories from Fat: 26		
% Daily Values*		
Total Fat	3g	5%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	10g	3%
Dietary Fiber	trace	2%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20
Preparation Time: 10 minutes
Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker and therefore easier to spread on a cake.

100 grams chocolate, bittersweet, dairy-free, melted (about 3/4 cup when cut) (or 3/4 cup dairy-free chocolate chips)
12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)
1 teaspoon vanilla extract
1/4 cup brown rice syrup (or maple syrup)
2 tablespoons maple syrup
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
2 tablespoons cashew butter (optional) (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- Add more cashew butter (or other nut butter) for a thicker icing.
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

- For a lower fat icing, use 2/3 cup cocoa powder in place of the dairy-free, bittersweet chocolate. Although this icing will not be nearly as rich and smooth, this will yield an icing which contains only 12% calories from fat (about 0.5 grams of fat per serving).
- "Carob Icing" - on a carob cake, use chunks of dairy-free carob bars or chips in place of chocolate (or carob powder in place of cocoa powder if making the low fat variation listed above).

Serving Ideas: Excellent on "Chocolate-Raspberry Cake" (this is another recipe in this cookbook).

Per Serving (excluding unknown items): 69 Calories; 3g Fat (37.2% calories from fat); 2g Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

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03-Chocolate Icing II

Servings: 20
Preparation Time: 10 minutes

Nutrition Facts

Servings per Recipe 20

Amount Per Serving

Calories	139	
Calories from Fat: 87		
% Daily Values*		
Total Fat	10g	16%
Saturated Fat	5g	23%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	12g	4%
Dietary Fiber	trace	2%
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - Good on cupcakes since it is more of a traditional firm icing, rather than a creamy "mousse-like" icing.

1/4 cup cocoa butter, melted (or non-dairy white chocolate chips)
100 grams chocolate, bittersweet, dairy-free, melted (about 3/4 cup when cut) (or 3/4 cup dairy-free chocolate chips)
1/2 cup cashew butter
1/4 cup unrefined coconut oil
3/4 cup powdered sugar (or light sugar ground in a coffee grinder)
1/2 tablespoon vanilla
1 pinch sea salt

Whip together all ingredients until smooth.

Either let it sit until it becomes firm enough to spread, or refrigerate for just a couple of minutes and check texture again. It can changes from a thin texture to a firm texture quickly in the refrigerator, so I like to check it every couple minutes to ensure it does not get to firm (and if it does, soften it again by putting it in a hot water bath).

Spread on cooled cake or cupcakes.

Should have enough to ice 36 cupcakes with a thin layer, or 18 cupcakes with a thick layer of icing.

VARIATIONS:
- "Chocolate Orange Icing" - Use 1/2 teaspoon of orange oil in place of the vanilla.

Serving Ideas: Excellent on "02-Red Velvet Cake" (see recipe).
Per Serving (excluding unknown items): 139 Calories; 10g Fat (62.3% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat; 1/2 Other Carbohydrates.

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03-Cinnamon-Apricot Icing

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	60	
Calories from Fat: 20		
% Daily Values*		
Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		5%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)

1 tablespoon vanilla extract

2 tablespoons apricot preserves

1/4 cup cashew butter (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)

1/2 teaspoon ground cinnamon

1/4 cup brown rice syrup (or 2 Tbsp. maple syrup)

2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

2 tablespoons molasses, blackstrap (or maple syrup if you don't want the icing to be dark brown)

1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per Serving (excluding unknown items): 60 Calories; 2g Fat (33.5% calories from fat); 2g Protein; 9g Carbohydrate;

trace Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

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03-Coconut Icing

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	61	
Calories from Fat: 28		
% Daily Values*		
Total Fat	3g	5%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker (due to the tahini and coconut oil), and therefore easier to spread on a cake.

- This also designed to be a particularly white frosting since the sweeteners are light in color, and there is no vanilla.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)

1/4 cup brown rice syrup (or agave nectar)

5 tablespoons granulated sugar (preferably light in color)

1 tablespoon tahini

3 tablespoons unrefined coconut oil

1/2 tablespoon coconut extract

1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

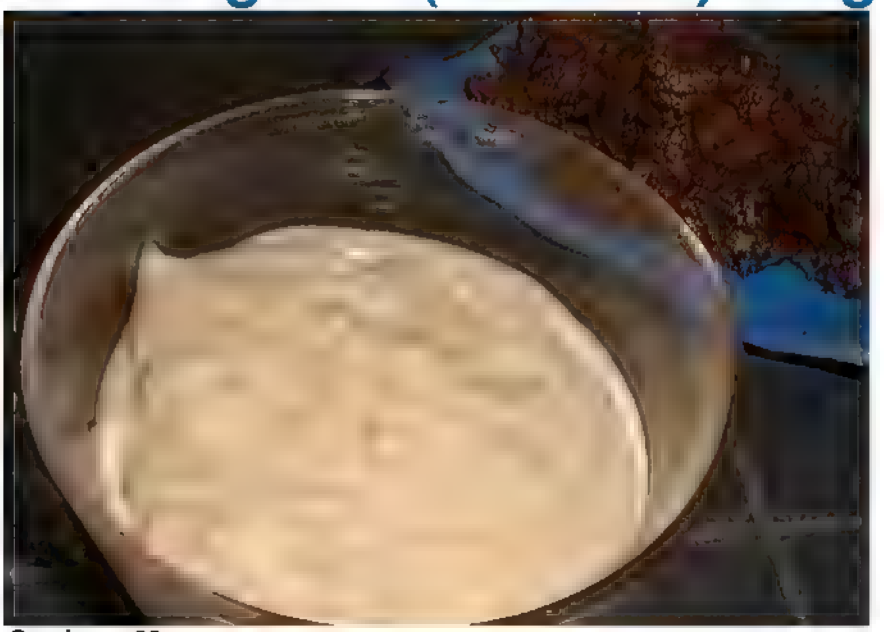
Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:

- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per Serving (excluding unknown items): 61 Calories; 3g Fat (44.8% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

03-Frangelico (Hazelnut) Icing



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	56	
Calories from Fat: 21		
% Daily Values*		
Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)

1/4 cup cashew butter (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)

2 tablespoons Frangelico liqueur (or 1 teaspoon hazelnut extract/flavoring)

1/4 cup brown rice syrup (or maple syrup)

1/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Amaretto (Almond) Icing" - Use amaretto liqueur in place of Frangelico liqueur.

Serving Ideas: Excellent on "Hazelnut-Chocolate Chunk Cake" (see recipe).

Per Serving (excluding unknown items): 56 Calories; 2g Fat (36.9% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

03-Lemon-Ginger Icing

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving

Calories	55	
Calories from Fat: 20		
% Daily Values*		
Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		1%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - See the "Glossary of Ingredients" for information about making ginger juice.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)
1/4 cup cashew butter (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)
2 teaspoons ginger juice, fresh (squeezed from fresh, grated ginger root)
2 teaspoons lemon zest
1/4 cup brown rice syrup (or agave nectar)
1/4 cup granulated sugar (preferably light in color)
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Lime-Ginger Icing" - Use lime zest in place of lemon zest.

Serving Ideas: Excellent on "Maple Cake" (see recipe).

Per Serving (excluding unknown items): 55 Calories; 2g Fat (36.0% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

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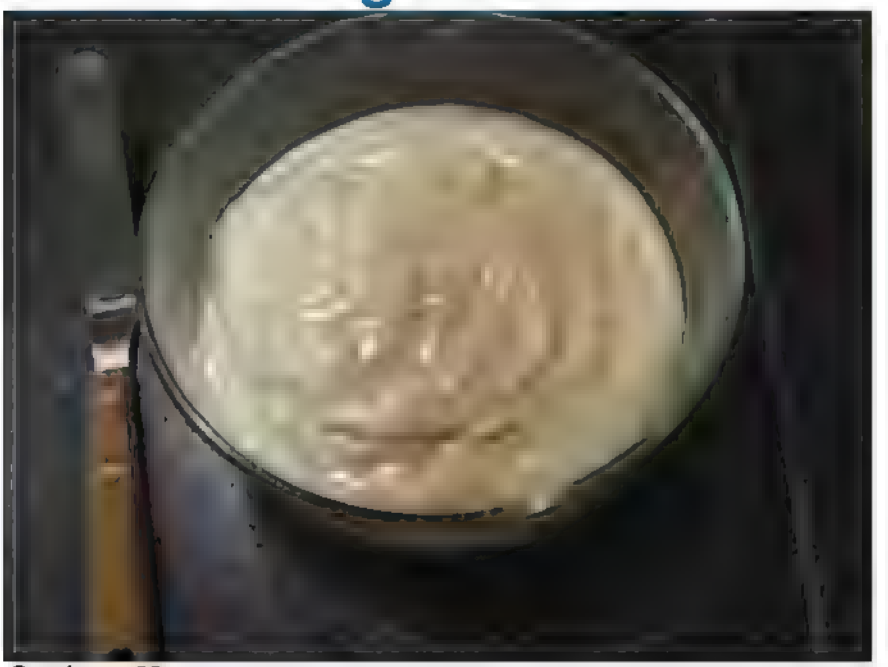
03-Lime Icing-Low Fat



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	36	
Calories from Fat: 7		
% Daily Values*		
Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	0%
Protein	1g	
Vitamin A		0%
Vitamin C		1%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

- Because this icing does not have any cashew butter in it (making it lower in fat), it is not as thick which can make it more difficult to spread on a cake. Refrigerate the icing for 1 or 2 days will help thicken it. Or if it is just too thin for spreading, it can be poured over a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)

2 teaspoons lime zest

1/4 cup brown rice syrup (or agave nectar)

1/4 cup granulated sugar (preferably light in color)

1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:

- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per Serving (excluding unknown items): 36 Calories; 1g Fat (18.0% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

03-Mint Icing

Servings: 20
Preparation Time: 10 minutes

Nutrition Facts
Servings per Recipe: 20

Amount Per Serving		
Calories	57	
Calories from Fat: 20		
% Daily Values*		
Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - GLUTEN NOTE: This is one of the few recipes in this cookbook that contains gluten (from the barley malt syrup). If you want to make it without gluten, simply replace the barley malt syrup with brown rice syrup.
- If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)
1/4 cup cashew butter (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)
1/2 teaspoon mint extract
6 tablespoons barley malt syrup (or agave nectar)
2 tablespoons granulated sugar (preferably light in color)
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
Serving Ideas: Excellent on "Carob-Mint Cake" (see recipe).
Per Serving (excluding unknown items): 57 Calories; 2g Fat (34.9% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.

03-Orange Icing

Servings: 20
Preparation Time: 10 minutes

Nutrition Facts
Servings per Recipe: 20

Amount Per Serving		
Calories	55	
Calories from Fat: 20		
% Daily Values*		
Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	2g	
Vitamin A		0%
Vitamin C		1%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)
1/4 cup cashew butter (or other type of nut butter with a compatible flavor for the dessert such as almond butter or hazelnut butter)
1 1/2 tablespoons orange zest (from 1 orange)
1/2 teaspoon orange extract (also called orange oil or orange flavoring)
1/4 cup brown rice syrup (or agave nectar)
1/4 cup granulated sugar (preferably light in color)
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Lime Icing" - Use lime zest in place of orange zest and lime extract in place of orange extract.
- "Lemon Icing" - Use lemon zest in place of orange zest and lemon extract in place of orange extract.

Per Serving (excluding unknown items): 55 Calories; 2g Fat (35.9% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

03-Pumpkin Icing

Servings: 20
Preparation Time: 10 minutes

Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	54	
Calories from Fat: 7		
% Daily Values*		
Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrates	11g	4%
Dietary Fiber	trace	2%
Protein	2g	
Vitamin A		54%
Vitamin C		1%
Calcium		4%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker, and therefore easier to spread on a cake.

12 1/3 ounces silken tofu (see the "Glossary of Ingredients" for more information about silken tofu)
1 cup pumpkin puree (from about 1 pound of pumpkin, baked) (or use canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)
1/2 cup brown rice syrup
1/4 cup maple syrup
1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate icing to firm it up and make it easier to spread on a cake.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

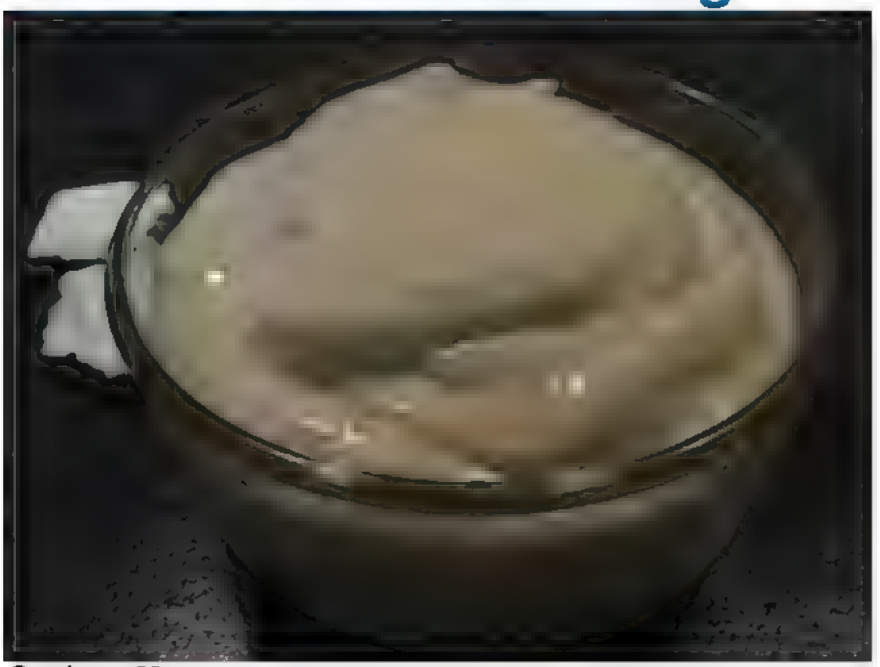
Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:
- As the sweetener, any combination of unrefined liquid sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Serving Ideas: On the "Pumpkin-Hazelnut and Chocolate Cake" (see recipe).

Per Serving (excluding unknown items): 54 Calories; 1g Fat (12.7% calories from fat); 2g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

03-White Chocolate Icing



Nutrition Facts

Servings per Recipe: 20

Amount Per Serving		
Calories	112	
Calories from Fat: 78		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	5g	25%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	0%
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		3%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 20

Preparation Time: 10 minutes

Notes: - If you have time, make this icing a day in advance and refrigerate it. It will make the icing thicker (due mainly to the cocoa butter), and therefore easier to spread on a cake.

- This also designed to be a particularly white frosting since the sweeteners are light in color, and there is no vanilla.

3/4 cup cocoa butter, melted (or non-dairy white chocolate chips)

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough icing) (see the "Glossary of Ingredients" for more information about silken tofu)

1/4 cup brown rice syrup (or agave nectar)

5 tablespoons granulated sugar (preferably light in color) (or powdered sugar)

1/2 tablespoon vanilla

1 pinch sea salt

Blend all ingredients with an electric hand blender (immersion blender) (this makes for easier clean up) or a food processor until smooth.

Refrigerate uncovered icing to firm it up and make it easier to spread on a cake. It is best to refrigerate it at least a few hours before spreading on a cake so it does have some time to thicken, but this is not necessarily required.

Spread on cooled cake. Optionally, if you feel it is needed to setup the icing, refrigerate briefly to set the icing to the cake. Do not leave the cake in the refrigerator too long because that will dry out the cake.

Should have enough icing to cover a double-layered-10-inch round cake.

VARIATIONS:

- As the sweetener, any combination of sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave syrup, granulated sugar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Per Serving (excluding unknown items): 112 Calories; 9g Fat (70.0% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.

04- ******* PIE CRUSTS *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

- The "Non-Gluten Pie Crust" in this chapter are also good for savory dishes such as quiches.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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04-Chocolate Wafer Crust

Servings: 8
Preparation Time: 20 minutes

Nutrition Facts

Servings per Recipe 8

Amount Per Serving		
Calories	123	
Calories from Fat: 48		
% Daily Values*		
Total Fat	5g	8%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	125mg	5%
Total Carbohydrates	18g	6%
Dietary Fiber	1g	3%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - GLUTEN NOTE: If you are not able to find chocolate wafer cookies without gluten, then this recipe will end up having gluten (most chocolate wafer cookies have wheat flour in them). Therefore, this recipe is not necessarily a gluten free recipe.

200 grams chocolate snap wafer cookies, dairy-free
1 tablespoon high oleic sunflower oil (or coconut oil)
--
1 tablespoon water (maybe a bit more)

Oil a pie pan.

In a blender or food processor, combine cookies and oil and pulse to make fine crumbs. Add just enough water so the mixture can be pressed into the pie pan without crumbling apart.

Press into the bottom of the pie pan. Bake for 15 minutes in a 350 degrees F (175 degrees C) oven (no need to preheat oven). Cool.
Serving Ideas: Put the "05-Chocolate Cream Pie" filling in this crust.
Per Serving (excluding unknown items): 123 Calories; 5g Fat (39.0% calories from fat); 2g Protein; 18g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 125mg Sodium. Exchanges: 1 Fat; 1 Other Carbohydrates.

04-Dried Fruit and Nut Pie Crust

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	248	
Calories from Fat: 124		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	3g	14%
Cholesterol	0mg	0%
Sodium	32mg	1%
Total Carbohydrates	27g	9%
Dietary Fiber	7g	28%
Protein	7g	
Vitamin A		24%
Vitamin C		1%
Calcium		20%
Iron		19%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 5 minutes

Notes: - This crust is so easy because it does not have to be baked (but you can bake it), and it is easily pressed into a pie pan without any rolling (which makes for less of a mess). It is also very flavorful, and goes great with fresh (no-bake) fruit pies (such as the "Fresh Peach Pie" (see recipe)).
- This crust has a high amount of calcium and iron.
- An easy way to grind flax seeds is in a coffee grinder. They will not grind in a food processor so they have to be ground separately.

1/3 cup sesame seeds
1/3 cup sunflower seeds
1/3 cup poppy seeds
1/3 cup almonds
1/3 cup coconut shreds
1/4 cup ground flax seed
1 pinch sea salt
—
1 cup dried apricots
1/2 cup dried figs, stems removed

Oil a pie dish.

Spin seeds, nuts, coconut, ground flax seed, and salt in a food processor until mixture is ground to a course meal. While processor is on, add dried fruit one piece at a time. If mixture does not ball up, add tablespoons of water, one at a time, while processor is running until mixture becomes sticky enough to press into the pie dish.

Transfer mixture to the pie pan and press it firmly onto the bottom and up the sides of the pan. The crust is very versatile; it can be eaten as is, or it can be baked.

This crust can either be filled with a non-bake pie filling (like the "Mango Cream Pie" (see recipe)) or filled with a filling that needs to be baked (like the "Autumn Pear Pie" (see recipe)). If you do end up baking the pie crust, use a pie protector to prevent the edges from getting overdone, or keep an eye on the top edge of the crust to be sure it does not burn.

Makes 1 large pie crust.

VARIATIONS:
- Use other types of dried fruits (e.g., prunes or dates).
- Use other nuts and seeds (e.g., pecans or walnuts).

Yield: 1 crust

Per Serving (excluding unknown items): 248 Calories; 15g Fat (50.1% calories from fat); 7g Protein; 27g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fruit; 2 1/2 Fat.

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04-Non-Gluten Pie Crust

Nutrition Facts

Servings per Recipe 8

Amount Per Serving		
Calories	242	
Calories from Fat: 132		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	5g	23%
Cholesterol	0mg	0%
Sodium	62mg	3%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	9%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		9%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 35 minutes

Notes: - An easy way to grind sesame seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- This crust is suitable for sweet dessert fillings (such as "Mango Cream Pie" (see recipe)), as well as savory fillings (such as a tofu quiche).
- See the "Glossary of Ingredients" for more information about vegetable shortening (non-hydrogenated); using shortening will produce a more tender crust than if you use oil.

1 cup brown rice flour
1/3 cup sorghum flour (or brown rice flour)
2 tablespoons tapioca flour
1/2 cup sesame seeds, ground (or pecans, ground)
1/4 teaspoon sea salt
---
6 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)
---
4 tablespoons water (maybe a bit more)

Oil a pie dish.

Combine flour, ground tapioca, ground sesame seeds, and salt in a bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add water and mix. You want the pastry to be wet enough so that when it is pressed together, it sticks together (forms a ball easily). Often times it will not be wet enough after adding the amount of water called above, but it is better to start with less water and add more as needed; so if it is not wet enough, you will need to add additional water one tablespoon at a time to achieve a good moist dough.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (such as "Mango Cream Pie" (see recipe)), bake the crust in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 to 30 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "Autumn Pear Pie" (see recipe)), fill crust and bake as directed for the particular pie filling.

Makes 1 large pie crust.

VARIATIONS:
- For a lower fat crust, take out 1 to 2 tablespoons of shortening/oil.
- Could use any combination of the following non-gluten flours: brown rice flour, whole-grain millet flour, whole-grain amaranth flour, and/or whole-grain teff flour OR if you don't mind using a flour with gluten, you could make a regular wheat flour crust.
- For a regular white flour crust, use white flour in place of flours and ground seeds. More water will probably be needed.

Per Serving (excluding unknown items): 242 Calories; 15g Fat (54.5% calories from fat); 4g Protein; 24g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 3 Fat.

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04-Sweet Oat and Nut Pie Crust

Nutrition Facts

Servings per Recipe 8

Amount Per Serving		
Calories	186	
Calories from Fat: 77		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	11%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 35 minutes

Notes: - GLUTEN NOTE: This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide another type of pie crust. See the "04-Non-Gluten Pie Crust" for a non-gluten pie crust.

- This crust has more flavor than a standard pie crust.

1 1/2 cups rolled oats (or muesli)

1/4 cup nuts, toasted (any nut: pecans, walnuts, almonds, ...)

1/2 cup brown rice flour

1 pinch sea salt

1/4 cup raisins

---

3 tablespoons high oleic sunflower oil (or coconut oil)

---

1 tablespoon maple syrup

Oil a pie dish.

Place oats, nuts, flour, and salt in a food processor and grind to a powder. Add raisins and process. Add oil and process a few seconds. Add maple syrup and process a few more seconds. At this point, if the dough will not stick together, you want to add tablespoons of water, one at a time, until dough can form a ball.

Place pastry into the pie dish and press it gently on the bottom and up the sides. Using a fork, gently poke small holes all over the crust (so it does not puff up).

If filling with a non-bake filling (like "05-Mango Cream Pie" (see recipe)), bake the crust by itself in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 25 minutes. Let the crust cool before filling.

If using pie crust with a filling that bakes (such as "Autumn Pear Pie" (see recipe), pumpkin pie, or apple pie), fill crust and bake as directed for the particular pie filling.

Makes 1 medium to large pie crust.

Per Serving (excluding unknown items): 186 Calories; 9g Fat (41.5% calories from fat); 4g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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05- ******* PIES *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

- Crusts for pies can be found in a prior chapter in this book (the "Pie Crusts" chapter).
- Note: For pies that require the filling to be baked, often times the recipe will instruct that the pie crust be put in the oven without the filling during the preheating of the oven (see "Autumn Pear Pie" for example). This is designed to:
  + get the crust slight baked and dried out before the wet filling ingredient go in the crust, and
  + gets the bottom of the crust to start baking right away, otherwise it will bake last (because the filling will be covering it), and
  + prevent the crust from getting gooey.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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05-Autumn Pear Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	153	
Calories from Fat: 5		
% Daily Values*		
Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	40g	13%
Dietary Fiber	4g	17%
Protein	1g	
Vitamin A		1%
Vitamin C		11%
Calcium		3%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 20 minutes

Notes: - Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING

1/2 cup dried figs, cut in 1/2" pieces
2 tablespoons hot water (or as needed to give a little moisture to the figs)
---
2 pounds pears (about 6 large pears)
2 tablespoons lemon juice
1 teaspoon lemon zest, chopped (the above juice and zest from one lemon)
1 pinch sea salt
1/4 cup brown rice syrup (or 3 Tablespoons light agave nectar syrup)
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
4 tablespoons tapioca flour
3/4 teaspoon ground cardamom (or allspice)

GARNISH

1 teaspoon lemon zest (from about one lemon)

CRUST

Prepare a pie crust, but do not bake crust (e.g., the "Non-Gluten Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is deeper and wider is better; additionally, a greater amount of pie crust dough will be needed for this pie.

FILLING

Place cut dried figs in a bowl and sprinkle with hot water so they soften a bit. Set aside.

Thinly slice pears and gently toss with lemon juice, zest, and salt in a large bowl. Add brown rice syrup and softened figs (drained of any extra water) and gently toss again. Sprinkle in half of the sugar, half of the tapioca flour, and half of the cardamom and toss again. Add the other half of the sugar, tapioca, and cardamom and toss one final time.

Bake the large-deep-prepared-pie crust without the pear filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the pear mixture into the crust and arrange pear slices in a circular pattern on top of the pie.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Put pie back in the oven to bake in the 350 degrees F (175 degrees C) oven for 1 hour or until the pears are soft.

GARNISH
Garnish baked pie with lemon zest.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 8 slices

Per Serving (excluding unknown items): 153 Calories; 1g Fat (3.1% calories from fat); 1g Protein; 40g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

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05-Banana Cream Pie

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	376	
Calories from Fat: 196		
% Daily Values*		
Total Fat	23g	36%
Saturated Fat	8g	40%
Cholesterol	0mg	0%
Sodium	19mg	1%
Total Carbohydrates	41g	14%
Dietary Fiber	3g	10%
Protein	7g	
Vitamin A		1%
Vitamin C		10%
Calcium		2%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 10
Preparation Time: 15 minutes
Notes: - A raw pie - no baking required.
- If you are making this as a pie (not as a mouse in ramekins), the pie will need to be refrigerated at least 8 hours, and probably better 12 hours, so that it will be firm enough to slice.

FILLING
1 1/2 cups cashews, raw
1/4 cup unrefined coconut oil (or cocoa butter)
3/4 cup white grape juice (or coconut water)
2 teaspoons vanilla extract
1/4 cup brown rice syrup
1/4 cup light agave nectar syrup (or maple syrup but that will make the color darker)
2 teaspoons lecithin
1 teaspoon lemon juice
1 pinch sea salt
2 medium bananas, whole

FINISHING
2 medium bananas, whole, sliced

GARNISH
1 medium banana, whole, sliced
1 teaspoon lemon juice

CRUST
Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

FILLING
Blend all filing ingredients at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth.

Part way through the blending, turn off the machine and use a spatula along the sides of the blender to dislodge any nuts or other ingredients that might be clinging to the inside walls. This should reduce the number of unblended bits in the final custard mixture.

Total time for blending should be about 8 minutes at high speed or longer for blenders that blend at lower speeds.

At this point, the mixture will not be very firm, more like pudding. When it is refrigerated for a while, it will firm up more (especially if left uncovered).

FINISHING
Layer the sliced banana pieces (from the 2 bananas) in the bottom of the completely prepared pie crust (e.g., the "Dried Fruit and Nut Pie Crust" - see recipe).
Pour blended filing over the sliced bananas in the crust.

GARNISH
Toss the last banana slices with the lemon juice.
Garnish the top of the pie with these banana slices.

Refrigerate pie (uncovered) until firm. It normally takes about 8+ hours to firm up, but of course depending on the exact consistency of the filling.

Uses for the filling other than in a pie crust:
(1) pour filling into parfait glasses, alternating slices of fresh fruit or glazed nuts between pie filling layers, or
(2) pour filling into ramekins and serve as mousse.
In either of these cases, you can serve it right away, or refrigerate it so the filling firms up.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Add a liqueur or some melted chocolate to the filing to create different pie filling flavors.
Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.
Yield: 10 slices
Per Serving (excluding unknown items): 376 Calories; 23g Fat (52.2% calories from fat); 7g Protein; 41g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

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05-Blueberry Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	167	
Calories from Fat: 5		
% Daily Values*		
Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	39g	13%
Dietary Fiber	2g	9%
Protein	1g	
Vitamin A		1%
Vitamin C		4%
Calcium		2%
Iron		3%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 20 minutes

Notes: - Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING

20 ounces frozen blueberries (would be possible to use fresh blueberries as well, but that would probably decrease the amount of thickener (flour) required since frozen berries contain more water content so require more thickener)
1 pinch sea salt
1/4 cup brown rice syrup (or 2 Tablespoons light agave nectar syrup)
3/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3 tablespoons Grand Marnier
1/2 tablespoon orange zest, chopped (either candied or from half of a fresh orange)
4 tablespoons sorghum flour
2 tablespoons tapioca flour
--

GARNISH

1 teaspoon orange zest (from 1/4th of an orange)

There are two techniques that can be used to make this pie:
(TECHNIQUE A) prepare filling on the stove top, and place in a baked crust
or
(TECHNIQUE B) pour filling ingredients into unbaked crust and bake.
(Technique A) often produces better results because it is easier to ensure that all liquid in the filling is thickened enough to create a cuttable pie slice.

** INSTRUCTIONS FOR TECHNIQUE A
CRUST
Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "04-Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

FILLING
Combine filling ingredients (except flours) in a sauce pan and heat over medium heat until blueberries are fully thawed and cooked (about 15 minutes). While that is cooking, combine sorghum flour and tapioca powder in 1/4 cup of water. Once blueberry mixture is cooked, add flour/water mixture and cook for a couple minutes to thicken. Once it cools it will firm up more, but want the filling to be fairly thick at this point. To thicken more, combine another tablespoon of flour and tablespoon of water, add to filling, and cook another minute.
Once thick enough, add to prepared pie crust and let cook (either in refrigerator or at room temperature).

GARNISH
Garnish pie with orange zest.

** INSTRUCTIONS FOR TECHNIQUE B
CRUST
Prepare a pie crust, but do not bake crust (e.g., the "04-Non-Gluten Pie Crust").

FILLING
Combine filling ingredients in a bowl and let stand for 15 minutes (for tapioca flour to absorb some liquid).

Bake the pie crust without the filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the filling into the crust.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Put pie back in the oven to bake in the 350 degrees F (175 degrees C) oven for about 40 minutes.

GARNISH
Garnish baked pie with orange zest.

VARIATIONS:
- "Raspberry Pie" - use raspberries instead of blueberries, use citron vodka (lemon flavored vodka) in place of Grand Marnier, and use lemon zest instead of orange zest.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 8 slices
Per Serving (excluding unknown items): 167 Calories; 1g Fat (3.3% calories from fat); 1g Protein; 39g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

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05-Carambola (Starfruit) Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	167	
Calories from Fat: 56		
% Daily Values*		
Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	21mg	1%
Total Carbohydrates	28g	9%
Dietary Fiber	4g	15%
Protein	1g	
Vitamin A		19%
Vitamin C		37%
Calcium		2%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 20 minutes

Notes: - Carambolas (sometimes called starfruit) are a tropical fruit that have a subtle citrus flavor, and have high water content.

- Good in the "Dried Fruit and Nut Pie Crust" (see recipe).

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING

7 cups carambola, sliced (~5 large fresh carambolas)

1 cup fresh apricots, sliced

1 pinch sea salt

1/2 cup macadamia nuts, toasted, coarsely chopped (optional)

1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

1/2 cup tapioca flour (use an additional 1/4 cup if carambolas are very juicy)

--

GARNISH

1 teaspoon lemon zest

CRUST

Prepare a pie crust, but do not bake crust (e.g., the "Dried Fruit and Nut Pie Crust" or the "Non-Gluten Pie Crust"). A large pie pan is best. The "Dried Fruit and Nut Pie Crust" is a nice complement to this pie since the carambolas do not have a strong flavor.

FILLING

Place sliced carambola and apricots in a large bowl. Add salt and nuts, and gently toss. Sprinkle in half of the sugar, and half of the tapioca flour, and toss again. Add the other half of the sugar and tapioca flour, and toss one final time.

Pour the carambola mixture into the unbaked pie crust.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.

Bake in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 1 hour until the carambolas are well cooked.

Garnish baked pie with lemon zest.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 8 slices

Per Serving (excluding unknown items): 167 Calories; 7g Fat (33.4% calories from fat); 1g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

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05-Carob-Almond Yogurt Cream Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	369	
Calories from Fat: 174		
% Daily Values*		
Total Fat	20g	31%
Saturated Fat	3g	13%
Cholesterol	0mg	0%
Sodium	25mg	1%
Total Carbohydrates	45g	15%
Dietary Fiber	4g	15%
Protein	6g	
Vitamin A		0%
Vitamin C		1%
Calcium		13%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 10 minutes

Notes: - If you are making this as a pie (not as a mouse in ramekins), the pie will need to be refrigerated at least 4 hours, and probably better overnight, so that it will be firm enough to slice.

FILLING

6 ounces soy yogurt
1 cup almond butter
1/3 cup carob powder
2 tablespoons vanilla extract
1/2 cup maple syrup
1/2 cup brown rice syrup
1 teaspoon cinnamon
1 pinch sea salt
1/4 cup carob chips, dairy-free, melted

--

GARNISH

2 teaspoons chopped almonds, toasted

CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Chocolate Wafer Crust" (this is a very good one for this pie filling because it give a double chocolate hit) (see recipe), then you can add the filling immediately.

FILLING

Put all filling ingredients into a food processor and process until very smooth (or use an electric hand blender (immersion blender) for easier clean up).

At this point, the mixture will not be very firm, more like pudding. When it is refrigerated for a while, it will firm up more (especially if left uncovered).

Pour into a completely prepared crust (e.g., the "Chocolate Wafer Crust" - see recipe).

GARNISH
Garnish the chopped almonds over the pie.

Refrigerate pie (uncovered) until firm. It normally takes at least overnight to firm up, but of course depending on the exact consistency of the filling.

Uses for the filling other than in a pie crust:
(1) pour filling into parfait glasses, alternating slices of fresh fruit or glazed nuts between pie filling layers, or
(2) pour filling into ramekins and serve as mousse.
In either of these cases, you can serve it right away, or refrigerate it so the filling firms up.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- Instead of using carob powder and carob chips, use cocoa powder along and chocolate chips with an additional 2 tablespoons of brown rice syrup. Or for something richer, use about 85 grams of melted bittersweet chocolate.
Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.
Yield: 8 slices
Per Serving (excluding unknown items): 369 Calories; 20g Fat (47.0% calories from fat); 6g Protein; 45g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 1/2 Fat; 2 Other Carbohydrates.

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05-Cheesecake Tart with Raspberry Topping

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving		
Calories	181	
Calories from Fat: 71		
% Daily Values*		
Total Fat	8g	13%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	24g	8%
Dietary Fiber	2g	9%
Protein	5g	
Vitamin A		1%
Vitamin C		10%
Calcium		5%
Iron		8%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 16
Preparation Time: 1 hour 10 minutes

Notes: - This tart takes a rich and creamy filling reminiscent of cheesecake filling, and uses it as a thin layer in the bottom of a tart which is then garnished with fruit and nuts on top. Many different types of fruit or fruit and nut toppings can be put on a tart like this (for example, a kiwi/strawberry topping, or a cherry/pecan topping).
- Can also bake this tart filling in ramekin to serve it as a kind of custard without a crust
- Do not use smoky pine nuts in this recipe. For more information refer the pine nut listing in the "Glossary of Ingredients" (at the beginning of this book).
- A small slice of this tart is usually enough to satisfy any diner.

CHEESECAKE FILLING

12 1/3 ounces silken tofu (see the "Glossary of Ingredients" for more information about silken tofu)
1/2 cup pine nuts (taste first to be sure they are not too smokey tasting - if so, then use cashews instead) (see the "Glossary of Ingredients" for more information about pine nuts)
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 teaspoon lemon zest, minced (from about one lemon)
1/4 cup arrowroot powder (or corn starch)
1 tablespoon vanilla extract
3 tablespoons light agave nectar syrup
1/4 cup ribbon cane syrup (or half maple syrup, and half granulated sugar)
1/4 cup granulated sugar (preferably light in color)
2 tablespoons brown rice syrup
1 pinch sea salt

—

RASPBERRY TOPPING

5 ounces raspberries, frozen (or 5 ounces fresh raspberries) (or 1/4 cup jam mixed w/ 1 T lemon juice)
1 tablespoon brown rice syrup (or maple syrup)

—

GARNISH

1/4 recipe 09-Raspberry Liqueur-Glazed Toasted Pine Nuts (this is another recipe in this cookbook)
1 pint fresh raspberries
1 teaspoon lemon zest (from about one lemon)

CHEESECAKE FILLING

To prepare the cheesecake filling, blend the filling ingredients until very smooth (make sure the pine nuts are not gritty).

CRUST
Prepare a pie crust, but do not bake crust. You can either use a tart pan, a pie pan, or a springform pan to make this tart. I have made this in one 10-1/2 inch tart pan, or with this one recipe I have made two tarts: one in a 7-1/2 inch tart pan, and one in a 9 inch tart pan.

Preheat oven to 350 degrees F (175 degrees C).

ASSEMBLY
To prepare tart, pour the cheesecake filling into the prepared-pie crust making an even layer on the bottom. You don't want the filling to be too close to the top of the tart crust because the filling expands during baking, and if it is too close to the top of the tart crust, it can overflow. To be safe, put a cookie sheet under the tart pans while baking so if they do overflow, it will not drip onto the bottom of the oven.

Bake in a 350 degrees F (175 degrees C) oven for 30 minutes.

RASPBERRY TOPPING
Make the raspberry topping by lightly cooking the frozen raspberries with brown rice syrup, adding tablespoons of water as needed.

GARNISH
Once out of the oven, let tarts cool a few minutes, and then spread the raspberry topping over the tart. Garnish top of tart with the pine nuts, fresh raspberries, and lemon zest in a decorative fashion.

Makes one 10-1/2 inch tart or two tarts: one 7-1/2 inches, and one 9 inches.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- For a lower fat pie filling: leave out part or all of the pine nuts and the oil.

Yield: 16 small slices

Per Serving (excluding unknown items): 181 Calories; 8g Fat (39.0% calories from fat); 5g Protein; 24g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

05-Cherry-Pecan Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	291	
Calories from Fat: 129		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrates	40g	13%
Dietary Fiber	3g	14%
Protein	3g	
Vitamin A		3%
Vitamin C		2%
Calcium		3%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 1 hour 20 minutes
Notes: - Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING
20 ounces frozen sweet cherries
1 pinch sea salt
1 1/2 cups pecans, coarsely chopped
2 tablespoons maple syrup
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/4 cup brown rice flour (or other flour)
1/4 cup tapioca flour
--
GARNISH
2 tablespoons pecans, ground

CRUST
Prepare a pie crust, but do not bake crust (e.g., either the "04-Non-Gluten Pie Crust"). (The "04-Non-Gluten Pie Crust" is particularly good with this pie when the ground pecans are used in place of the ground sesame seeds.)

FILLING
Combine filling ingredients in a bowl and let stand for 15 minutes (for rice flour and tapioca flour to absorb some liquid). If the cherries have extra ice clinging to them, add another couple tablespoons of tapioca flour to thicken this extra liquid.

Bake the pie crust without the filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the filling into the crust.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for about 40 minutes.

GARNISH
Garnish baked pie with ground pecans.

VARIATIONS:
- Use other nuts in place of the pecans (e.g., almonds, walnuts, or macadamia nuts).

Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).

Yield: 8 slices

Per Serving (excluding unknown items): 291 Calories; 15g Fat (44.2% calories from fat); 3g Protein; 40g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fruit; 3 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

05-Chocolate Cream Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	296	
Calories from Fat: 66		
% Daily Values*		
Total Fat	8g	12%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	31mg	1%
Total Carbohydrates	58g	19%
Dietary Fiber	2g	6%
Protein	5g	
Vitamin A		0%
Vitamin C		3%
Calcium		10%
Iron		8%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 10 minutes

Notes: - If you are making this as a pie (not as a mouse in ramekins), the pie will need to be refrigerated at least 4 hours, and probably better overnight, so that it will be firm enough to slice.

FILLING

150 grams chocolate, bittersweet, dairy-free, chopped (about 1 1/4 cups when cut) (or 1 1/4 cups dairy-free chocolate chips)
12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough filling) (see the "Glossary of Ingredients" for more information about silken tofu)
6 ounces blackberry jam
1 teaspoon vanilla extract
1/2 cup maple syrup
1/2 cup brown rice syrup
1 pinch sea salt

GARNISH
2 teaspoons chocolate, bittersweet, dairy-free, shaved

CRUST
Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Chocolate Wafer Crust" (this is a very good one for this pie filling because it give a double chocolate hit) (see recipe), then you can add the filling immediately.

FILLING
Melt chocolate. Put all filling ingredients into a food processor and process until very smooth (or use an electric hand blender (immersion blender) for easier clean up).

At this point, the mixture will not be very firm, more like pudding. When it is refrigerated for a while, it will firm up nicely (especially if left uncovered).

Pour into a completely prepared crust (e.g., the "Chocolate Wafer Crust" - see recipe).

GARNISH

Garnish by shaving chocolate (e.g., with a peeler) over the pie.

Refrigerate pie (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

Uses for the filling other than in a pie crust:
(1) pour filling into parfait glasses, alternating slices of fresh fruit or glazed nuts between pie filling layers, or
(2) pour filling into ramekins and serve as mousse.
In either of these cases, you can serve it right away, or refrigerate it so the filling firms up.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.

Per Serving (excluding unknown items): 296 Calories; 8g Fat (22.3% calories from fat); 5g Protein; 58g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Fat; 4 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

05-Chocolate-Fudge-Swirl Pumpkin Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	307	
Calories from Fat: 119		
% Daily Values*		
Total Fat	14g	22%
Saturated Fat	2g	11%
Cholesterol	0mg	0%
Sodium	257mg	11%
Total Carbohydrates	45g	15%
Dietary Fiber	4g	15%
Protein	6g	
Vitamin A		304%
Vitamin C		5%
Calcium		18%
Iron		18%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 10 minutes

Notes: - This pie need to be refrigerated for at least 6 hours before serving, and better refrigerated for 24 hours. This is because it needs to be firm enough so that slices can be taken out of the pie.
- Using pumpkin puree which you have baked from a fresh pumpkin makes this have a very fresh baked flavor, but using the canned pumpkin makes a very acceptable pie with faster preparation.
- Can also bake this pie filling (without any crust) in ramekins; serve as a kind of custard without a crust.

PUMPKIN

2 1/4 cups pumpkin puree (from about 2.25 pounds of pumpkin, baked) (or 22oz of canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)

FILLING

1/2 cup cashew butter
3/4 cup maple syrup
1 cup hemp milk
2 teaspoons ground cinnamon
1 tablespoon vanilla extract
1/4 teaspoon sea salt

ADDITIONS

1 tablespoon egg replacer powder
1/4 cup water

---

85 grams chocolate, bittersweet, dairy-free, chopped (about 3/4 cups when cut) (or 3/4 cups dairy-free chocolate chips)
3 tablespoons maple syrup
2 tablespoons cashew butter

GARNISH

1 teaspoon chocolate, bittersweet, dairy-free, shaved

PUMPKIN
If starting with a whole pumpkin (I think fresh pumpkin has a better flavor than canned), bake the pumpkin until soft while continuing with the recipe. After the pumpkin is baked, use the flesh (not the seeds or the skin) to make the pumpkin puree.
(Another option for baking the fresh pumpkin is to peel it, cut it in cubes, toss cubes with a bit of oil, and then bake the cubes. Don't let the pumpkin cubes get too browned - just want them to be soft. Then the pumpkin puree can be created from these baked cubes.)

CRUST
Prepare a pie crust, but do not bake crust. The amount of filling called for in this recipe may overflow a small 9-inch pie pan; a pie pan that is a bit wider is better; if the pie filling is too deep of a layer in the pan, the filling will not bake as evenly or quickly.

Preheat oven to 350 degrees F (175 degrees C).

FILLING
In a food processor, process the filling ingredients (first without the pumpkin). Then add the pumpkin puree, and blend again until smooth and integrated.
Depending if you used canned pumpkin or baked pumpkin (either baked whole or in cubes), the consistency of this pumpkin filling maybe too thick (not pourable) (also maybe if using baked pumpkin cubes which are drier than canned pumpkin). If this is the case, blend a little more non-dairy beverage (such as hemp milk or soy milk) into the filing to create a pourable consistency (maybe 1/4 cup or more).

ADDITIONS
In a small bowl, whip together with fork, the egg replacer powder and water. Mix this into filling.

Melt the chocolate. Once melted, stir in the syrup and cashew butter.

ASSEMBLY
To prepare pie, pour 3/4 of the pumpkin filling into the prepared-pie crust.
Pour/spread the melted chocolate over the pumpkin filling (if it is too thick, melt it some more so it can be poured/spread over the filling).
Pour the remaining pumpkin filling over the chocolate, and using a knife, swirl the pumpkin and chocolate so the chocolate shows through a bit on the top of the pie.

Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.

GARNISH
Shave a small amount of chocBake in a 350 degrees F (175 degrees C) oven for 50 minutes.

REFRIGERATION
The filling should get fairly firm during baking. It will firm up even more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). Refrigerate the covered pie at least 6 hours before serving, overnight being better.

Makes one pie.

VARIATIONS:
- Use almond butter in place of cashew butter.
- Use white chocolate chips in place of the chocolate.

Yield: 8 slices

Per Serving (excluding unknown items): 307 Calories; 14g Fat (38.7% calories from fat); 6g Protein; 45g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 257mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat; 2 Other Carbohydrates.

05-Cranberry-Apple Tart

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	201	
Calories from Fat: 63		
% Daily Values*		
Total Fat	7g	11%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	34g	11%
Dietary Fiber	4g	14%
Protein	1g	
Vitamin A		1%
Vitamin C		12%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 1 hour 20 minutes
Notes: - Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING
3/4 cup dried cranberries
---
1 1/2 pounds apples (about 6 medium apples)
1 tablespoon lemon juice
1 pinch sea salt
2 tablespoons brown rice syrup (or 1 Tablespoon light agave nectar syrup)
2 tablespoons maple syrup
2 tablespoons cranberry liqueur
3/4 cup pecans, coarsely chopped
4 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
5 tablespoons tapioca flour
1 teaspoon ground cinnamon

GARNISH
1 teaspoon lemon zest

CRUST
Prepare a pie crust, but do not bake crust (e.g., the "Non-Gluten Pie Crust"). A large tart pie pan is best.

FILLING
Place dried cranberries in a bowl and cover with hot water so they soften. Set aside.

Thinly slice apples and gently toss with lemon juice and salt in a large bowl. Add brown rice syrup, maple syrup, liqueur, chopped pecans and softened cranberries and gently toss again. Sprinkle in half of the sugar, half of the

tapioca flour, and half of the cinnamon and toss again. Add the other half of the sugar, tapioca, and cinnamon and toss one final time.

Bake the large tart crust without the apple filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the tart crust slightly baked (dried out).

After crust has baked a little bit, pour the apple mixture into the crust and arrange apple slices in a circular pattern on top of the tart. Try to minimize the number of cranberries on the very top of the pie because their low moisture content puts them at risk of burning if they are right on top.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 1 hour or until the apples are soft.

Garnish baked tart with lemon zest.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 8 slices
Per Serving (excluding unknown items): 201 Calories; 7g Fat (31.5% calories from fat); 1g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

05-Fresh Peach Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	165	
Calories from Fat: 31		
% Daily Values*		
Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	34g	11%
Dietary Fiber	3g	11%
Protein	1g	
Vitamin A		12%
Vitamin C		19%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 20 minutes

Notes: - This pie is not baked, so will not heat up the kitchen.

- Make this pie filling in advance because it is best refrigerated overnight to make sure it is firm enough to cut out pie slices.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING

2 pounds fresh peaches, peeled (about 5 large peaches)

2 tablespoons lemon juice (from one lemon)

CUSTARD

1/2 recipe 07-Summer Symphony Ice Cream, not frozen (about 2 cups) (this is another recipe in this cookbook)

2 tablespoons tapioca flour

GARNISH

1 teaspoon lemon zest (from half a lemon)

CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (this is a very good one for this pie filling) (see recipe), then you can add the filling immediately.

FILLING

Cut peaches in slices and combine with lemon juice in large bowl.

CUSTARD

Add the ice cream custard to a small sauce pan, and whisk the tapioca flour into the custard (adding a little bit at a time so it does not form lumps). Gently cook the custard for a few minutes to thicken. This will make it so the pie is thicker after refrigeration.

ASSEMBLY
Pour a little custard into the bottom of the completely prepared pie crust. Place a layer of fresh peach slices into the pie pan. Pour some more custard on top of peaches. Repeat finishing with a layer of peaches.

GARNISH
Garnish with lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

VARIATIONS:
- Use any other ice cream custard (not frozen) such as "07-Simple Vanilla Ice Cream" in place of the "07-Peach Ice Cream" custard, but be sure that the custard is quite thick after you add and cook in the tapioca flour or else the pie will never firm up so it is cuttable.

Yield: 8 slices

Per Serving (excluding unknown items): 165 Calories; 4g Fat (18.7% calories from fat); 1g Protein; 34g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fruit; 1/2 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

05-Hazelnut Pie

Servings: 8
Preparation Time: 25 minutes

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	493	
Calories from Fat: 281		
% Daily Values*		
Total Fat	33g	51%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	49g	16%
Dietary Fiber	3g	13%
Protein	7g	
Vitamin A		1%
Vitamin C		1%
Calcium		13%
Iron		12%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - Just like a pecan pie, but with hazelnuts. Simply use pecans in place of hazelnut for a pecan pie.
- Make this pie at least 4 hours in advance of wanting to serve it (to be safe, make it more than 4 hours in advance) because you want the pie to have time to set up so that pie slices can be easily cut and removed from the pie.
- The concept for this vegan cuttable pie filling comes from Mary Bowman, former designer and teacher of the Baking and Pastry Course at the School of Natural Cookery in Boulder, Colorado.

FILLING
1/2 cup hazelnuts
1 cup water
1/2 cup brown rice syrup
2/3 cup maple syrup
1 pinch salt
---
4 teaspoons agar flakes
---
4 teaspoons kudzu
4 teaspoons water
---
1 cup hazelnuts, toasted, chopped
1 tablespoon vanilla extract

GARNISH
1 1/2 cups hazelnuts (remove "husks" from toasted nuts) (cut in half after "husks" are removed)
1 tablespoon amaretto (optional)
2 tablespoons maple syrup

CRUST
Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately. I prefer a crust without a lot of flavor (such as the "Non-Gluten Pie Crust") because the filing is very flavorful and rich.

FILLING
Blend the hazelnuts, water, syrups, and salt for the filling at a very high speed until nuts are completely pureed (not gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds). Stop blender and use a spatula to dislodge any nuts that might be clinging to the inside walls of the blender, add the sweeteners and salt, and blend for another 2 minutes.

Pour into a sauce pan. Sprinkle agar on top. Let sit for 5 minutes. Heat on low. Bring to a simmer, and then simmer for 5 minutes.

Dissolve kudzu in the 4 teaspoons of water. Add this to the heated mixture and stir until it thickens. The mixture may not be very thick, but will thicken as it cools. Fold in the 1 cup of toasted, chopped hazelnuts and the vanilla. Pour mixture into the prepared and baked pie shell.

GARNISH
To finish pie with the hazelnut garnish, heat 1 1/2 cups hazelnuts in a skillet. Toast until the hazelnuts are nicely brown and fragrant, about 8 minutes total. Transfer nuts to a paper bag, and rub to remove as much of the nut skin as possible (this is the paper-like covering around the nut meat). Separate the nuts and the skins (that is, leave behind the nut skins when removing nuts; putting the nuts in a colander or bowl can make it easier to leave the nut skins behind). Cut the hazelnuts in half. Return stove top to medium-high to high heat, and once the pan is hot again with the nuts in it, add the amaretto and maple syrup. Thoroughly coat nuts with syrup and cook very gently until syrup sticks to the nuts (should only take about 2 minutes).

Add the glazed hazelnut halves on top of the pie in a decorative fashion (you will want to put the hazelnut halves on the pie before the pie is totally firm).

BEFORE SERVING THE PIE
Under the best conditions, if you let the pie sit out at a fairly cool room temperature (around 60-65 degrees F) lightly covered in plastic wrap, it should firm up and be ready to eat within about 4 hours. If the pie is not thick enough, refrigerate until it has achieved a thickness such that slices can be cut from the pie.

Overall, the rate at which the pie thicken depends on a number of variables: 1) humidity, 2) how much the agar and kudzu cooked, and how thick the mixture was at the end of cooking, 3) how much water evaporated during the cooking of the filling, and 4) room temperature. If the filling looks very thin (soupy), cover pie with plastic wrap, and put in the refrigerator, and check the pie every couple hours until it has achieved a thickness such that slices can be cut from the pie. Remove plastic wrap and leave in the refrigerator if the pie is still not getting thick enough.

If you do have the pie in the refrigerator, remove it about 1 to 2 hours before serving to allow it to soften up and come to room temperature (the flavor is better when the pie is at room temperature).

VARIATIONS:
- Use Frangelico liqueur instead of Amaretto.
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave nectar, etc.) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Pecan Pie" - use pecans in place of hazelnuts at all points in the recipe.
- In addition to garnishing with hazelnuts, include small baked pie crust pieces cut into maple leaf shapes.

Serving Ideas: Serve with "Amazake Dessert Sauce" (see recipe).

Yield: 8 slices

Per Serving (excluding unknown items): 493 Calories; 33g Fat (57.1% calories from fat); 7g Protein; 49g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 6 Fat; 2 1/2 Other Carbohydrates.

05-Lemon Cream Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	196	
Calories from Fat: 17		
% Daily Values*		
Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	24mg	1%
Total Carbohydrates	45g	15%
Dietary Fiber	1g	2%
Protein	4g	
Vitamin A		0%
Vitamin C		24%
Calcium		9%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 10 minutes

Notes: - Make this pie filling in advance because it is best refrigerated overnight to make sure it is firm enough to cut out pie slices.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING

3/4 cup apple juice

1 1/2 tablespoons lemon zest, chopped

3/4 cup lemon juice (need about 3 to 5 lemons for above zest and juice)

3/4 cup brown rice syrup

1/4 cup maple syrup

1 pinch salt

---

1 1/2 tablespoons agar flakes

---

5 tablespoons tapioca flour

1/2 cup water

---

12 1/3 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough filling) (see the "Glossary of Ingredients" for more information about silken tofu)

GARNISH

1 teaspoon lemon zest (from half a lemon)

3 lemon wheels, thinly sliced

3 whole mint leaves

CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before

putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

FILLING
Combine apple juice, lemon zest, lemon juice, brown rice syrup, maple syrup, and salt in a sauce pan. Sprinkle agar flakes on top and let sit for 3 minutes. Gently heat mixture on low, stirring often.

Separately from the juice mixture, mix tapioca flour and water, and then add this to the juice mixture after it has been cooking for about 10 minutes. Cook until slightly thick (about 4 minutes). It will not get that thick yet because the agar agar needs to be refrigerated before it firms up.

Add tofu to the sauce pan, and use an electric hand blender (immersion blender) to completely blend the filling until very smooth. This makes for easier clean up. Alternatively, put the juice mixture and the tofu into a food processor and process until very smooth.

Pour into the completely prepared pie crust.

GARNISH
Garnish with lemon zest, thinly sliced whole lemon pieces, and mint leaves.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Key Lime Pie" - Use key lime juice in place of the lemon juice, lime zest in place of lemon zest, and lime wheels in place of the lemon wheels.
- "Orange Cream Pie" - Use orange juice in place of the lemon juice, orange zest in place of lemon zest, and orange wheels in place of the lemon wheels.

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.
Yield: 8 slices

Per Serving (excluding unknown items): 196 Calories; 2g Fat (8.5% calories from fat); 4g Protein; 45g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

05-Mango Cream Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	232	
Calories from Fat: 34		
% Daily Values*		
Total Fat	4g	6%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	22mg	1%
Total Carbohydrates	52g	17%
Dietary Fiber	2g	8%
Protein	2g	
Vitamin A		61%
Vitamin C		39%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 20 minutes
Notes: - Make this pie filling in advance because it usually needs to be refrigerated overnight to make sure it is firm enough to cut out pie slices.
- Agar makes this pie filling set up so it is cuttable.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
FILLING
1/2 cup cashews, raw (or non-smoky pine nuts - see "Glossary Ingredients" for more information)
1 cup water
1 pinch salt

3/4 cup brown rice syrup
1/4 cup light agave nectar syrup (if the mangos are not that sweet, could need more sweetener)
---
1 tablespoon agar flakes
---
1 tablespoon tapioca flour
3 tablespoons water
---
1 1/2 pounds fresh mango, finely chopped (about one an a half mangos - when finely chopped, will be about 2 1/2 cups - use other mango half below as garnish)
1 tablespoon lemon juice (from half of a lemon)

GARNISH
1/2 pound fresh mango, sliced (about half of one mango)
1 teaspoon lemon zest (from half of a lemon)

CRUST
Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie

Crust" (see recipe), then you can add the filling immediately.

FILLING
Blend cashews, water, and salt to make a thick, smooth nut milk/cream (about 7 minutes). Add sweeteners and blend again.

Pour into a sauce pan, and sprinkle agar on top. Let sit 3 minutes. Gently heat mixture on low, stirring often.

Mix tapioca flour and water separately, and then add it to the nut milk mixture (after the nut milk mixture is hot). Cook on medium heat until thick.

While the nut cream is being prepared, cut the 1.5 pounds of fresh mango in to very small chunks (as small as you can make them). The mango fiber ("strings/threads") that run through mango do not puree well. Therefore, by cutting the mango into very small chunks, many of the "strings/threads" are cut. If these are not cut, the resulting texture of the cream filling is a bit strange due to these "strings/threads".

Put diced mango and lemon juice into a food processor or blender and process until smooth. Add the nut milk mixture, and process again. Pour mixture into a cooled-completely prepared pie crust.

GARNISH
Garnish pie with mango slices and lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Papaya Cream Pie" - Use papayas in place of the mangos.

Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.

Per Serving (excluding unknown items): 232 Calories; 4g Fat (14.7% calories from fat); 2g Protein; 52g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fruit; 1/2 Fat; 2 1/2 Other Carbohydrates.

05-Peach Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	97	
Calories from Fat: 1		
% Daily Values*		
Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	17mg	1%
Total Carbohydrates	25g	8%
Dietary Fiber	2g	8%
Protein	1g	
Vitamin A		9%
Vitamin C		16%
Calcium		1%
Iron		1%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 1 hour 20 minutes
Notes: - Good in the "Non-Gluten Pie Crust" (see recipe).
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

FILLING
2 pounds fresh peaches (about 8 medium peaches)
4 tablespoons lemon juice
1 teaspoon lemon zest, chopped (the above juice and zest from one lemon)
1 pinch sea salt
1/4 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/4 cup granulated sugar (preferably light in color)
2 tablespoons tapioca flour
2 tablespoons whole-grain teff flour (or any flour)
3/4 teaspoon ground cardamom (or allspice)

GARNISH
1 teaspoon lemon zest

CRUST
Prepare a pie crust, but do not bake crust (e.g., the "Non-Gluten Pie Crust"). A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is deeper and wider is better; additionally, a greater amount of pie crust dough will be needed for this pie.

FILLING
Slice peaches and gently toss with lemon juice, zest, and salt in a large bowl. Sprinkle in half of the sugar, half of the tapioca flour, half of the flour, and half of the cardamom and toss again. Add the other half of the sugar, tapioca, flour, and cardamom and toss one final time.

Bake the large-deep-prepared-pie crust without the peach filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 15 minutes just to get the pie crust slightly baked (dried out).

After crust has baked a little bit, pour the peach mixture into the crust and arrange peach slices in a circular pattern on top of the pie.
Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.

Put back in the oven to bake in the 350 degrees F (175 degrees C) oven for 50 minutes or until the peaches are soft.

GARNISH
Garnish baked pie with lemon zest.
Serving Ideas: Serve with "10-Macadamia Nut Cream" (see recipe).
Yield: 8 slices
Per Serving (excluding unknown items): 97 Calories; trace Fat (0.7% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.

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05-Pecan Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	354	
Calories from Fat: 187		
% Daily Values*		
Total Fat	21g	33%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	64mg	3%
Total Carbohydrates	40g	13%
Dietary Fiber	2g	9%
Protein	2g	
Vitamin A		3%
Vitamin C		1%
Calcium		5%
Iron		7%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 55 minutes
Notes: - Make this pie at least 4 hours in advance of wanting to serve it (to be safe, make it more than 4 hours in advance) because you want the pie to have time to set up so that pie slices can be easily cut and removed from the pie.

FILLING
1/2 cup pecans
1 1/4 cups water
2/3 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/4 cup maple syrup
1 pinch salt
---
4 tablespoons cornstarch
2 tablespoons brandy (or water)
2 tablespoons water
---
2 tablespoons vegetable oil spread, non-hydrogenated (such as earth balance margarine) (or coconut oil)
3/4 cup pecans, toasted, chopped
2 teaspoons vanilla extract

GARNISH
3/4 cup pecan halves

CRUST
Prepare a pie crust, but do not bake crust (e.g., the "Non-Gluten Pie Crust").

Bake the prepared-pie crust without the filling in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 10 minutes just to get the pie crust slightly baked (dried out).
After removing the crust, leave the oven on for baking the entire pie after the filling is prepared.

FILLING
Blend the pecans, water, sweeteners, and salt for the filling at a very high speed until nuts are completely pureed (not

gritty) and mixture is smooth (about 7 minutes for high speeds or longer for blenders that blend at lower speeds). Stop blender and use a spatula to dislodge any nuts that might be clinging to the inside walls of the blender, add the sweeteners and salt, and blend for another 2 minutes.

Pour blended filling into a sauce pan. Bring to a simmer, and then simmer for 5 minutes.

Dissolve cornstarch in the brandy/water. Add this to the heated mixture and stir until it thickens. Fold in the vegetable oil spread, 3/4 cup of toasted, chopped pecans and the vanilla. Pour mixture into the prepared and partially baked pie shell.

GARNISH
To finish pie, press the (approx) 3/4 cup pecan halves into the top of the pie in a decorative fashion.

Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Bake pie for 30 minutes in the preheated oven.
Remove from oven, let cool, and then refrigerate for about 4 hours.

To serve, if you do have the pie in the refrigerator, remove it about 1 to 2 hours before serving to allow it to soften up and come to room temperature (the flavor is better when the pie is at room temperature).
Serving Ideas: Serve with "Amazake Dessert Sauce" (see recipe).
Yield: 8 slices
Per Serving (excluding unknown items): 354 Calories; 21g Fat (52.8% calories from fat); 2g Protein; 40g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 4 Fat; 2 Other Carbohydrates.

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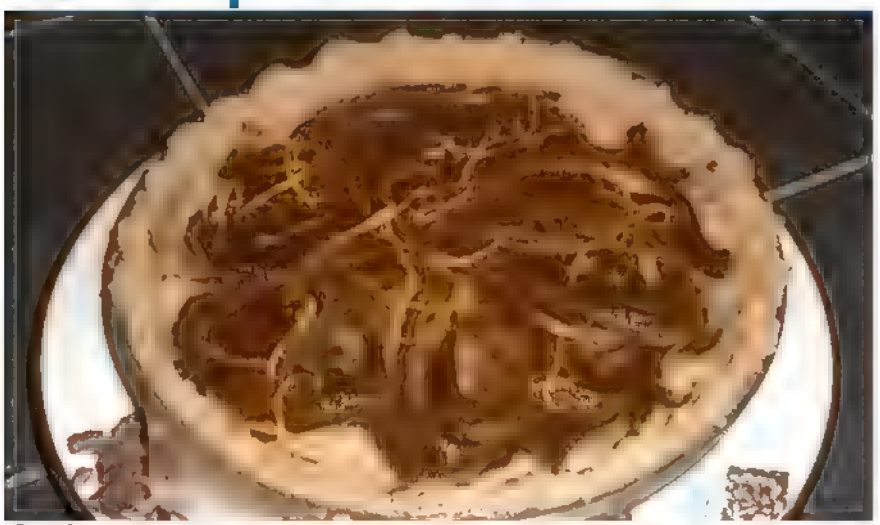
05-Pumpkin-Amaretto Cream Pie



Servings: 8
Preparation Time: 1 hour 10 minutes

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	180	
Calories from Fat: 40		
% Daily Values*		
Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	54mg	2%
Total Carbohydrates	33g	11%
Dietary Fiber	2g	8%
Protein	3g	
Vitamin A		203%
Vitamin C		4%
Calcium		13%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - This pie need to be refrigerated for at least 6 hours before serving, and better refrigerated for 24 hours. This is because it needs to be firm enough so that slices can be taken out of the pie.
- This pie can be served as part of a low-fat meal.
- Using pumpkin puree which you have baked from a fresh pumpkin makes this have a very fresh baked flavor, but using the canned pumpkin makes a very acceptable pie with faster preparation.
- Can also bake this pie filling in ramekin to serve it as a kind of custard without a crust.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

PUMPKIN

1 1/2 cups pumpkin puree (from about 1.5 pounds of pumpkin, baked) (or one 15oz can of pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)

PUMPKIN FILLING

1/4 cup pecans, raw
2 tablespoons light agave nectar syrup (or 3 tablespoons of brown rice syrup)
3 tablespoons molasses, blackstrap
2 tablespoons maple syrup
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 tablespoon vanilla extract
2 tablespoons arrowroot powder (or corn starch)
1/8 teaspoon sea salt

AMARETTO CREAM FILLING

6 ounces silken tofu, extra-firm or firm (aseptically packaged) (do not use soft or medium or fresh tofu because it will not make a firm enough filling) (see the "Glossary of Ingredients" for more information about silken tofu)
1 teaspoon orange zest, minced (from 1/4th of an orange)
2 tablespoons arrowroot powder (or corn starch)
1 teaspoon vanilla extract
2 tablespoons amaretto

3 tablespoons light agave nectar syrup (or 4 tablespoons brown rice syrup)
2 tablespoons maple syrup
1 pinch sea salt
—
GARNISH
2 tablespoons pecan halves, toasted, glazed

PUMPKIN
If starting with a whole pumpkin (I think fresh pumpkin has a better flavor than canned), bake the pumpkin until soft while continuing with the recipe. After the pumpkin is baked, use just the flesh (not the seeds or the skin) to make the pumpkin puree.

CRUST
Prepare a pie crust, but do not bake crust. The amount of filling called for in this recipe may overflow a small 9-inch pie pan; a pie pan that is a bit wider is better; if the pie filling is too deep of a layer in the pan, the filling will not bake as evenly or quickly.

Preheat oven to 350 degrees F (175 degrees C).

PUMPKIN FILLING
To prepare the pumpkin filling, first process the pecans to create a pecan nut flour. Then blend pecan flour, agave syrup, molasses, maple syrup, cinnamon, nutmeg, cloves, vanilla, arrowroot powder, and salt until a smooth consistency is achieved. Add pumpkin puree, and blend again until smooth and integrated.

AMARETTO CREAM FILLING
To prepare the amaretto cream filling, blend the tofu, orange zest, arrowroot powder, vanilla, amaretto, agave syrup, maple syrup, and salt.

ASSEMBLY
To prepare pie, pour 2/3rd of the pumpkin filling into the prepared-pie crust making an even layer on the bottom. Then pour all the amaretto cream filling over this layer, trying to get it as even as possible. Finish with the last 1/3rd of the pumpkin filling, again getting it as even as possible over the cream filling. Run a knife through the pie to create white cream swirls in the dark orange pumpkin filling.

Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Bake in a 350 degrees F (175 degrees C) oven for 50 minutes.

GARNISH
Once out of the oven, lightly press toasted, glazed pecan halves into the top of the pie in a decorative fashion.

REFRIGERATION
The filling should get fairly firm during baking. It will firm up even more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). Refrigerate the covered pie at least 6 hours before serving, overnight being better.

Makes one pie.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- For a lower fat pie filling: leave out the pecans or replace the pecans with low-fat silken tofu (extra-firm).
- Use Grand Marnier in place of Amaretto.

Yield: 8 slices

Per Serving (excluding unknown items): 180 Calories; 5g Fat (22.4% calories from fat); 3g Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 54mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.

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05-Pumpkin-Molasses Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	167	
Calories from Fat: 58		
% Daily Values*		
Total Fat	7g	10%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	69mg	3%
Total Carbohydrates	24g	8%
Dietary Fiber	3g	12%
Protein	5g	
Vitamin A		305%
Vitamin C		6%
Calcium		12%
Iron		16%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 10 minutes

Notes: - This pie need to be refrigerated for at least 6 hours before serving, and better refrigerated for 24 hours. This is because it needs to be firm enough so that slices can be taken out of the pie.
- This pie can be served as part of a low-fat meal.
- Using pumpkin puree which you have baked from a fresh pumpkin makes this have a very fresh baked flavor, but using the canned pumpkin makes a very acceptable pie with faster preparation.
- Can also bake this pie filling (without any crust) in ramekins; serve as a kind of custard without a crust.
- See the "Glossary of Cooking Terms" for information about toasting and glazing nuts.

PUMPKIN

2 1/4 cups pumpkin puree (from about 2.25 pounds of pumpkin, baked) (or 22oz of canned pumpkin) (other types of baked and pureed winter squash such as butternut squash or acorn squash also work well in this recipe)

—

PUMPKIN FILLING

1/2 cup walnuts, raw
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
4 tablespoons arrowroot powder (or corn starch)
2 tablespoons molasses, blackstrap (or if you prefer not to use molasses due to its strong flavor, replace with 1 tablespoon of maple syrup)
1/4 cup maple syrup
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground mace
1/4 teaspoon ground cloves
1 tablespoon vanilla extract
1/4 teaspoon sea salt

—

6 ounces silken tofu, extra-firm or firm (aseptically packaged) (better not use soft or medium or fresh tofu because it will not make a firm enough filling) (see the "Glossary of Ingredients" for more information about silken tofu) (or use 1/4 cup of a non-dairy beverage such as hemp milk or soy milk)

—

GARNISH
2 tablespoons walnut halves, toasted, glazed

PUMPKIN
If starting with a whole pumpkin (I think fresh pumpkin has a better flavor than canned), bake the pumpkin until soft while continuing with the recipe. After the pumpkin is baked, use the flesh (not the seeds or the skin) to make the pumpkin puree.
(Another option for baking the fresh pumpkin is to peel it, cut it in cubes, toss cubes with a bit of oil, and then bake the cubes. Don't let the pumpkin cubes get too browned - just want them to be soft. Then the pumpkin puree can be created from these baked cubes.)

CRUST
Prepare a pie crust, but do not bake crust. The amount of filling called for in this recipe may overflow a small 9-inch pie pan; a pie pan that is a bit wider is better; if the pie filling is too deep of a layer in the pan, the filling will not bake as evenly or quickly.

Preheat oven to 350 degrees F (175 degrees C).

PUMPKIN FILLING
To prepare the pumpkin filling, first process the walnuts, granulated sugar, and arrowroot powder to create a "walnut flour". Then blend this "walnut flour", remaining sweeteners, spices, vanilla, and salt until a smooth consistency is achieved. Add pumpkin puree and tofu, and blend again until smooth and integrated.
Depending if you used canned pumpkin or baked pumpkin (either baked whole or in cubes), the consistency of this pumpkin filling maybe too thick (not pourable) (especially if using baked pumpkin cubes which are drier than canned pumpkin). If this is the case, blend non-dairy beverage (such as hemp milk or soy milk) into the filing to create a barely pourable consistency (maybe 1/4 cup or more).

ASSEMBLY
To prepare pie, pour pumpkin filling into the prepared-pie crust.

Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.
Bake in a 350 degrees F (175 degrees C) oven for 50 minutes.

GARNISH
Once out of the oven, lightly press toasted, glazed walnut halves into the top of the pie in a decorative fashion.

REFRIGERATION
The filling should get fairly firm during baking. It will firm up even more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). Refrigerate the covered pie at least 6 hours before serving, overnight being better.

Makes one pie.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- For a lower fat pie filling: leave out the walnuts or replace the walnuts with low-fat silken tofu (extra-firm).

Yield: 8 slices

Per Serving (excluding unknown items): 167 Calories; 7g Fat (34.7% calories from fat); 5g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 69mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1 Other Carbohydrates.

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05-Strawberry Mousse Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	366	
Calories from Fat: 138		
% Daily Values*		
Total Fat	16g	25%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrates	56g	19%
Dietary Fiber	5g	20%
Protein	5g	
Vitamin A		1%
Vitamin C		178%
Calcium		11%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8
Preparation Time: 20 minutes
Notes: - Make this pie filling in advance because it usually needs to be refrigerated overnight to make sure it is firm enough to cut out pie slices.
- Agar makes this pie filling set up so it is cuttable.
CRUST
(See instructions)

FILLING
45 ounces fresh strawberries, halved
1/4 cup brown rice syrup
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1 tablespoon high oleic sunflower oil (or other oil) (keeps the foaming down during cooking)
1 pinch sea salt

1/2 cup white grape juice
1 tablespoon agar flakes

3/4 cup almond butter
1/2 cup white grape juice
1/4 cup maple syrup
1/4 cup light agave nectar syrup
1/4 cup key lime juice
1/2 teaspoon lecithin
1 pinch sea salt

GARNISH
10 ounces fresh strawberries, cut in half or sliced
1 teaspoon lemon zest (from half of a lemon)

CRUST

Because this filling does not get baked at all, you will need a completely prepared pie crust. So if you want to use a pie crust that needs to be baked such as the "Non-Gluten Pie Crust" (see recipe), then completely bake it before putting this filling into it. If you are using a crust that does not need to be baked such as the "Dried Fruit and Nut Pie Crust" (see recipe), then you can add the filling immediately.

FILLING
Combine strawberry halves, brown rice syrup, sugar, oil, and salt in a large sauce pan and heat on medium-high heat until the strawberries are cooked down, the mixture is thick, and all the juices are concentrated. This could take up to 45 minutes since the water content of strawberries is quite high. This concentrates the strawberry flavor to make an intensely flavored pie.

While strawberries are cooking down, add the white grape juice to a small sauce pan. Sprinkle agar flakes on top of juice, and let sit.

Additionally while strawberries are cooking down, combine remaining filling ingredients (almond butter, etc) in a blender, and blend until smooth (about 3 minutes).

Once strawberries are done cooking down and this mixture is thick, remove from heat and put the white grape juice and agar mixture on the stove top. Bring to boil, and then gently simmer for 5 minutes. Remove from heat.

Take half of the cooked down strawberry mixture, and add it to the blender with the almond butter mixture, and blend for about 2 minutes. (You can add a bit of water if it is too think to blend; this overall mixture will be thicken in the next step, so a little extra water here should be fine.)

Add all of this back to the pan with the half of the strawberry mixture that did not get blended and put this back on the stove top. Also add the white grape juice and agar mixture (so now everything is in the large sauce pan on the stove top). Heat gently to thicken the almond butter and stir thoroughly to get all the ingredients mix together. Heat for about 4 minutes total on a very low simmer (stirring frequently).

Once strawberry mixture has cooled some, pour into a cooled-completely prepared pie crust.

GARNISH
Garnish pie with strawberry halves/slices and lemon zest.

Refrigerate (uncovered) until firm. It probably will take overnight to firm up, but depending on the exact consistency of the filling, it could be firm in 4 hours.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, agave, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Blackberry Mousse Pie" - Use fresh blackberries in place of the strawberries.
Serving Ideas: Can be served in a pie crust, or in ramekins as mousse.
Yield: 8 slices
Per Serving (excluding unknown items): 366 Calories; 16g Fat (37.8% calories from fat); 5g Protein; 56g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fruit; 3 Fat; 2 Other Carbohydrates.

05-Sweet Potato Pie

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving		
Calories	213	
Calories from Fat: 47		
% Daily Values*		
Total Fat	5g	8%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	73mg	3%
Total Carbohydrates	36g	12%
Dietary Fiber	4g	15%
Protein	3g	
Vitamin A		328%
Vitamin C		31%
Calcium		6%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 8

Preparation Time: 1 hour 10 minutes

Notes: - This pie needs to be refrigerated for 24 hours before serving so it is firm enough for slices to be taken out of the pie

- This pie can be served as part of a low-fat meal.

FILLING

1/2 cup almonds

2 tablespoons arrowroot powder (or corn starch)

3 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

1/3 cup maple syrup

1 teaspoon ground cinnamon

1/2 teaspoon ground cardamom

1/2 teaspoon ground nutmeg

2 teaspoons vanilla extract

1/4 teaspoon sea salt

1/4 cup cognac (or brandy) (optional)

—

2 pounds sweet potatoes, baked, skin removed (about 3 large sweet potatoes) (about 2.5 cups when mashed)

CRUST

Prepare a pie crust, but do not bake crust. A large-deep-pie dish is best for this pie. The amount of filling called for in this recipe would overflow a small 9-inch pie pan; one that is a bit deeper and wider is better, but if it is too deep (like a casserole dish), it will not bake as evenly or quickly; additionally, a greater amount of pie crust dough may be needed for this pie.

FILLING

To prepare the filling, first process the almonds, arrowroot powder, and sugar to create an "almond flour" (at least 5 minutes to get it as smooth as possible; almonds will always be a bit gritty, this will not matter for this pie filling). Then blend this "almond flour", maple syrup, spices, vanilla, salt, and cognac until a smooth consistency is achieved. Add potatoes, and blend again until smooth and integrated.

Pour the potato mixture into the prepared-pie crust.

Put a pie crust protector around the outer edge of the crust so the edges do not get overdone.

Bake pie in a 350 degrees F (175 degrees C) oven (no need to preheat oven) for 1 hour.

REFRIGERATION
The filling will not necessarily get very firm after baking. It will firm up more upon refrigeration. Leave uncovered until pie and pan are cool, and then cover with plastic wrap or it could dry out too much in the refrigerator (and crack the top of the pie). It will probably be necessary to refrigerate the pie for 24 hours, or at least overnight, but it might be firm enough to cut out slices as earlier as 6 hours after being put into the refrigerator.

VARIATIONS:
- As the sweetener, any combination of unrefined sweeteners (maple syrup, brown rice syrup, barley malt syrup, sorghum syrup, etc) can be used, and in varying amounts depending on your tastes (see "Dessert Notes" for more information about sweeteners).
- "Pumpkin Pie" - Use orange winter squash puree (e.g., pumpkin, butternut squash, or kabocha) in place of sweet potatoes.
- For a lower fat pie filling: leave out the almonds or replace the almonds with low-fat silken tofu (extra-firm).

Yield: 8 slices

Per Serving (excluding unknown items): 213 Calories; 5g Fat (22.1% calories from fat); 3g Protein; 36g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 73mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Fat; 1 Other Carbohydrates.

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06- ******* COOKIES *******

Servings: 1

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving		
Calories	0	
Calories from Fat: 0		
% Daily Values*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*

- This chapter contains all different types of cookies, and I really like experimenting with different flours, sweeteners, and oils/fats, so you will notice a lot of different combinations in these recipes.
- Feel free to experiment further by changing out ingredients such as:

SWEETENERS:

- Use a combination of maple syrup, brown rice syrup, and barley malt syrup as the liquid sweetener; use a combination of an unrefined granulated sugar (such as Sucanat or Rapadura), sugar, maple sugar, and other granulated sugars as the granulated sweetener.
  * Higher proportions of brown rice syrup create a crisp/crunchy cookie.
  * Higher proportions of maple syrup create a cake-like cookie.
  * Higher proportions of a granulated sugar makes a soft/slightly crisp cookie.

See the "Sweetener Substitutions" section in "Dessert Notes" earlier in the book for more information.

FLOURS:

- Most cookie recipes are pretty flexible, so try replacing any of the flour ingredients with any of the following combination of flours: sorghum flour, brown rice flour, whole-grain millet flour, whole-grain amaranth flour, whole-grain teff flour, ground hemp seed (also whole hemp flour), ground sesame seeds, and/or ground flax seed OR if you don't mind using a flour with gluten: whole-grain pastry wheat flour (also whole wheat pastry flour), whole-grain spelt flour, whole-grain kamut flour, and/or whole-grain oat flour.

OILS/FATS:

- See the discussion of Oils (including substitution possibilities) in the "Dessert Notes" under Oils.
- To lower the fat content of a cookie recipe, replace some of the oils/fats with applesauce and/or prune puree - note this will create a more cake-like cookie rather than a chewy/crispy type cookie, and it will not be quite as satisfying.
- See the "Dessert Notes" section at the front of this book for additional variation ideas.
- Most cookies freeze fairly well.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

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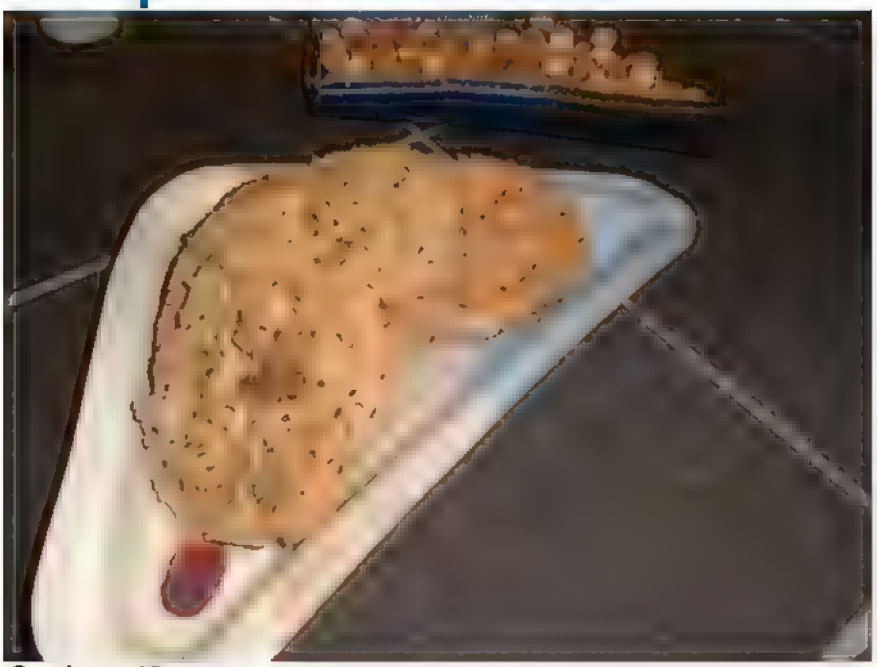
06-Apricot-Sesame Cookies



Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	329	
Calories from Fat: 135		
% Daily Values*		
Total Fat	16g	24%
Saturated Fat	2g	12%
Cholesterol	0mg	0%
Sodium	196mg	8%
Total Carbohydrates	45g	15%
Dietary Fiber	6g	24%
Protein	6g	
Vitamin A		13%
Vitamin C		1%
Calcium		14%
Iron		20%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.
DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/4 cup amaranth flour (or whole wheat pastry flour)
3 tablespoons ground flax seed
2 tablespoons tapioca flour
3/8 teaspoon sea salt
3/4 teaspoon baking soda
1/2 teaspoon baking powder (double acting)
1 teaspoon cinnamon

WET INGREDIENTS
3/4 cup maple syrup
1 cup tahini
1 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/2 cup vegetable oil spread, non-hydrogenated
1 tablespoon rum extract
1 tablespoon vanilla extract

1/2 cup black sesame seeds (or regular sesame seeds)
3/4 cup dried apricots, cut in 1/4" pieces (soaked in hot water for about 10 minutes and then drained very well)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl.

WET INGREDIENTS
If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

FINISHING
Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the sesame seeds and soaked chopped apricots (could be almost like kneading depending on the consistency of your dough). Be sure to get out as much water as possible from the soaked apricots because you don't want to add much water to the recipe at this point.

Form balls of dough and place on the cookie sheet (or sheets).

Bake for about 15 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

Per Serving (excluding unknown items): 329 Calories; 16g Fat (41.0% calories from fat); 6g Protein; 45g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 196mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 1 Other Carbohydrates.

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06-Banana-Chocolate Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	363	
Calories from Fat: 147		
% Daily Values*		
Total Fat	17g	27%
Saturated Fat	4g	18%
Cholesterol	0mg	0%
Sodium	116mg	5%
Total Carbohydrates	51g	17%
Dietary Fiber	5g	21%
Protein	6g	
Vitamin A		0%
Vitamin C		2%
Calcium		9%
Iron		16%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.

DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
1 1/2 cups sorghum flour (or whole wheat pastry flour)
1/2 cup whole-grain teff flour (or whole wheat pastry flour)
1/4 cup potato flour (or whole wheat pastry flour)
1/2 cup cocoa powder
3 tablespoons ground flax seed
2 tablespoons tapioca flour
3/8 teaspoon sea salt
3/4 teaspoon baking soda
1/2 teaspoon baking powder (double acting)
—
WET INGREDIENTS
3/4 cup maple syrup
1 cup almond butter
1 1/4 cups unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon banana extract (could also be called banana flavor)
1 tablespoon vanilla extract
—
1/4 cup chopped almonds, toasted
1/2 cup fruit juice sweetened dried banana spears, diced
40 grams chocolate, bittersweet, dairy-free, cut in chunks (about 1/4 cup when cut) (or 1/4 cup dairy-free chocolate chips)

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GARNISH

2 tablespoons almonds

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl.

WET INGREDIENTS
If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or mixer.

FINISHING
Add the dry mixture to the wet mixture. Process the dry into the wet either using the food processor (if the processor can handle it), by hand, or using a mixer.

Place dough in a bowl and mix in the chopped almonds, diced dried banana, and chocolate (could be almost like kneading depending on the consistency of your dough).

Form balls of dough and place on the cookie sheet (or sheets). Press one whole almond into the center of each cookie.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

Per Serving (excluding unknown items): 363 Calories; 17g Fat (40.5% calories from fat); 6g Protein; 51g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 116mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

06-Blueberry-Coconut Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	258	
Calories from Fat: 88		
% Daily Values*		
Total Fat	10g	16%
Saturated Fat	4g	18%
Cholesterol	0mg	0%
Sodium	98mg	4%
Total Carbohydrates	39g	13%
Dietary Fiber	6g	24%
Protein	5g	
Vitamin A		1%
Vitamin C		1%
Calcium		6%
Iron		11%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - This makes a soft cookie. See the beginning of this cookie chapter for how to make cookies crunchier/crispier.
- An easy way to grind flax seeds and hemp seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
DRY INGREDIENTS
1/2 cup whole-grain amaranth flour (or whole wheat pastry flour)
1/2 cup brown rice flour (or whole wheat pastry flour)
1 1/2 cups sorghum flour (or whole wheat pastry flour)
1/2 cup coconut shreds
1/4 cup ground flax seed
4 tablespoons tapioca flour
1/2 cup ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
3 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
1/2 teaspoon ground cardamom
1 teaspoon baking powder (double acting)
---
3 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

1/2 cup dried blueberries

WET INGREDIENTS

2 tablespoons brown rice syrup
1/3 cup maple syrup
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
2 tablespoons vegetable oil spread, non-hydrogenated (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1/4 cup blueberry jam
2 tablespoons almond butter
1 tablespoon vanilla extract
1 teaspoon coconut extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in the dried blueberries.

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. The cookies will brown just slightly on the bottom when they are fully baked. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- "Blueberry-Tangerine Cookies" - use tangerine extract/oil instead of coconut extract.
- Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, spices, etc.

Per Serving (excluding unknown items): 258 Calories; 10g Fat (34.3% calories from fat); 5g Protein; 39g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates.

06-Cardamom-Pistachio Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	303	
Calories from Fat: 129		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	2g	11%
Cholesterol	0mg	0%
Sodium	175mg	7%
Total Carbohydrates	40g	13%
Dietary Fiber	5g	21%
Protein	6g	
Vitamin A		5%
Vitamin C		2%
Calcium		7%
Iron		13%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes

DRY INGREDIENTS
3/4 cup brown rice flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/2 cup whole-grain teff flour (or whole wheat pastry flour)
2 tablespoons tapioca flour
3 tablespoons ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
1 cup pistachio nuts, ground
1 1/2 teaspoons ground cardamom
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
---
1 cup pistachio nuts (halves), toasted (or whole nuts chopped coarsely)

WET INGREDIENTS
2 tablespoons maple syrup
1/2 cup ribbon cane syrup (or 1/4 cup maple syrup and 1/4 cup whole granulated sugar)
1/2 cup vegetable oil spread, non-hydrogenated
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Add about 3/4ths of the halved pistachios to these dry ingredients. Set aside the other quarter of the halved pistachios for using as garnish on the cookies before they are baked.

WET INGREDIENTS
Blend wet ingredients together.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining pistachio halves into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

VARIATIONS:
- Use some carob chips along with the pistachio halves.
- Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 303 Calories; 15g Fat (42.5% calories from fat); 6g Protein; 40g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 175mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 1 Other Carbohydrates.

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06-Carob-Walnut Cookies

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories	223	
Calories from Fat: 78		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	78mg	3%
Total Carbohydrates	34g	11%
Dietary Fiber	5g	18%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		9%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24

Preparation Time: 35 minutes

Notes: - This makes a crispy/crunchy cookie. See the beginning of this cookie chapter for how to make cookies softer. - An easy way to grind flax seeds is in a coffee grinder.

DRY INGREDIENTS

3/4 cup brown rice flour (or whole wheat pastry flour)
1/2 cup whole-grain teff flour (or whole wheat pastry flour)
1/4 cup whole-grain amaranth flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/2 cup ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
2 tablespoons tapioca flour
1/3 cup carob flour (carob powder)
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

1/2 cup walnuts (pieces or halves)

WET INGREDIENTS

1/3 cup brown rice syrup
1/2 cup maple syrup
1/4 cup tahini (or other nut butter such as almond butter or sunflower butter)
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract

GARNISH
1/3 cup walnuts (walnut halves make the prettiest cookies, but walnut pieces are good as well) (more maybe needed to garnish all the cookies)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in the walnuts.

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the remaining walnuts into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- "Chocolate-Walnut Cookies" - use cocoa in place of the carob flour.
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, grain coffee, spices, etc.

Per Serving (excluding unknown items): 223 Calories; 9g Fat (34.9% calories from fat); 4g Protein; 34g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 78mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

06-Chocolate Chip Hazelnut Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	279	
Calories from Fat: 137		
% Daily Values*		
Total Fat	16g	24%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	98mg	4%
Total Carbohydrates	33g	11%
Dietary Fiber	2g	10%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		7%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes

DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
1 1/2 cups sorghum flour (or whole wheat pastry flour)
2 tablespoons tapioca flour
3 tablespoons ground flax seed
1 cup hazelnuts, ground
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
1/3 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)
---
1 cup hazelnuts, toasted and chopped
85 grams chocolate, bittersweet, dairy-free, cut in chunks (about 3/4 cup when cut) (or 3/4 cup dairy-free chocolate chips)

WET INGREDIENTS
1/2 cup maple syrup
1/4 cup brown rice syrup
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add

about half of the chopped hazelnuts and chocolate chunks to these dry ingredients. Set aside the other half of the chopped hazelnuts and chocolate for using as garnish on the cookies before they are baked.

WET INGREDIENTS
Blend wet ingredients together.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining chopped hazelnuts and chocolate chunks into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.
Per Serving (excluding unknown items): 279 Calories; 16g Fat (49.3% calories from fat); 4g Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

06-Chocolate-Apricot Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	232	
Calories from Fat: 79		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	99mg	4%
Total Carbohydrates	36g	12%
Dietary Fiber	5g	20%
Protein	4g	
Vitamin A		10%
Vitamin C		0%
Calcium		11%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - An easy way to grind sesame seeds and flax seeds is in a coffee grinder.
DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/4 cup ground flax seed
3/4 cup sesame seeds, ground
2 tablespoons tapioca flour
3 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)
---
1 cup dried apricots, sliced (if the apricots are very dry, soak them in warm water for about 5 minutes to soften them up)
40 grams chocolate, bittersweet, dairy-free, cut in chunks (about 1/4 cup when cut) (or 1/4 cup dairy-free chocolate chips)

WET INGREDIENTS
1/3 cup maple syrup
1/4 cup brown rice syrup
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract
1 tablespoon almond butter

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet).

Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Set aside 1 heaping tablespoon of sliced dried apricots and 1 heaping tablespoon of chocolate chunks (these will be used for garnishing later before they are baked), and add the remaining apricots and chocolate to these dry ingredients.

WET INGREDIENTS
Blend wet ingredients in a blender or food processor until apricots are completely pureed.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). Garnish cookies by pressing the remaining apricots and chocolate chunks into the tops of the cookies (I like to make half the cookies with apricot chunks in the top and half with chocolate chunks in the top).

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet (and your sheet does not have parchment paper on it), it will be more difficult to get them off because the brown rice syrup will have hardened too much possibly causing the cookies to stick to the sheet.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 232 Calories; 9g Fat (34.2% calories from fat); 4g Protein; 36g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 99mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

06-Chocolate-Pecan Biscotti

Servings: 18
Preparation Time: 35 minutes

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	245	
Calories from Fat: 86		
% Daily Values*		
Total Fat	10g	15%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	99mg	4%
Total Carbohydrates	38g	13%
Dietary Fiber	4g	15%
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		9%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - A biscotti without egg whites!
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

DRY INGREDIENTS
3/4 cup brown rice flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/4 cup ground flax seed
1/2 cup cocoa (unsweetened)
1/4 cup tapioca flour
1/3 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/2 cup pecans, ground
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
1 1/2 teaspoons cinnamon
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

1/2 cup pecan halves

WET INGREDIENTS
1/3 cup maple syrup
1/4 cup brown rice syrup
1/4 cup dried figs (~7 black mission) (cut into raisin sized pieces)
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract
1 teaspoon orange extract
---
3 tablespoons maple syrup
3 tablespoons flax seeds, ground

--

GLAZE

1 tablespoon maple syrup

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Mix in pecan halves.

WET INGREDIENTS
Blend all wet ingredients except for the last two wet ingredients: maple syrup and the ground flax seeds. Blending in food processor is best because the figs need to be completely pureed.

Place the last two wet ingredients (maple syrup and ground flax seeds) in a small bowl, and mix together with a fork. This makes a type of egg replacer. Fold this into the blended wet ingredients.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It will probably seem quite dry at first, but once you get all the ingredients integrated, you should be able to press the dough together and have it stick. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Shape dough into two logs shaped similarly to a flat/short loaf of bread. They may be a bit crumbly, but should bake together nicely. Place on the cookie sheet.

Bake for about 20 minutes. To prevent the bottoms of the logs from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the logs are finished, they will brown just slightly on the bottom.

Remove logs from oven.
After removing the cookie sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.
Cool for about 20 minutes.

When cool, transfer each log to a cutting board, and with a very sharp knife, cut the log into "slices" just like bread (except this will be much flatter/shorter than a loaf of bread). Place biscotti back onto the cookie sheet. Cut as gently as possible to minimize crumbling. You should be able to press some of the pieces that fall off back onto the cut biscotti. Don't worry if the cut biscotti seem quite crumbly; after they are baked again in the next step, the biscotti will stick together better.

GLAZE
Brush the maple syrup glaze onto the tops of the biscotti.
Bake again at 300 degrees F (150 degrees C) for 25 to 40 minutes (until they are only slightly moist) (this dries them out, and creates a good crunchy cookie to have with herbal tea or grain coffee).

VARIATIONS:
- Alternative nuts can be used such as: hazelnuts (filberts), almonds, walnuts, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, orange zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 245 Calories; 10g Fat (35.3% calories from fat); 3g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 99mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

06-Coconut Macaroons

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving		
Calories	334	
Calories from Fat: 157		
% Daily Values*		
Total Fat	18g	27%
Saturated Fat	10g	51%
Cholesterol	0mg	0%
Sodium	181mg	8%
Total Carbohydrates	41g	14%
Dietary Fiber	4g	14%
Protein	4g	
Vitamin A		0%
Vitamin C		1%
Calcium		9%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 12
Preparation Time: 35 minutes
Notes: - This makes a relatively soft cookie with just a bit of a crunch. See the beginning of this cookie chapter for how to make cookies crunchier/crispier.
DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
3/4 cup sorghum flour (or whole wheat pastry flour)
1/2 cup whole-grain amaranth flour (or whole wheat pastry flour)
1/4 cup tapioca flour
1 cup coconut shreds
2/3 cup almonds, ground
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
--
3 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)
--
WET INGREDIENTS
1/4 cup brown rice syrup
1/3 cup maple syrup
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
2 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)
1 tablespoon vanilla extract
1 teaspoon coconut extract
--
GARNISH
3/4 cup coconut shreds

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet).

Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Place final portion of coconut shreds for garnish on a plate and set aside (the cookies will be rolled in this once the raw dough is formed).

Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Shape balls of dough. They may be a bit crumbly, but should bake together nicely. For garnish, roll the balls in the coconut shreds on the plate and place the balls onto the cookie sheet (or sheets). Flatten balls slightly.

Bake for about 20-25 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Instead of ground almonds, could use one of these nuts ground: hazelnuts (filberts), pecans, walnuts, brazil nuts, etc.

Per Serving (excluding unknown items): 334 Calories; 18g Fat (46.9% calories from fat); 4g Protein; 41g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 181mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 1 Other Carbohydrates.

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06-Coffee-Nut Cookies

Nutrition Facts
Servings per Recipe: 24

Amount Per Serving

Calories	207	
Calories from Fat: 80		
% Daily Values*		
Total Fat	9g	13%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	10%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.
- This makes a crispy/crunchy cookie. See the beginning of this cookie chapter for how to make cookies softer.

3/4 cup walnuts
4 tablespoons coffee liqueur (e.g., Kahlua or Tia Maria)

DRY INGREDIENTS
1/4 cup brown rice flour (or whole wheat pastry flour)
1 1/4 cups sorghum flour (or brown rice flour) (or whole wheat pastry flour)
1 1/4 cups millet flour (or brown rice flour) (or whole wheat pastry flour)
2 tablespoons tapioca flour
1/2 cup ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
7 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

WET INGREDIENTS
1/3 cup brown rice syrup
1 tablespoon brewed coffee (or water)
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract
4 tablespoons coffee liqueur (e.g., Kahlua or Tia Maria) (or 1 tablespoon coffee extract/flavoring with 2 tablespoons of water)
1/4 cup cashew butter (or almond butter)

Toast walnuts and glaze with coffee liqueur. Cook until all liqueur is absorbed or evaporated. After glazed, separate out 24 halves or pieces of walnuts to be used for garnishing the cookies (one for each cookie). The rest will be mixed directly into the dry ingredients.

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add walnuts (except for the extra pieces for the tops of the cookies).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the remaining glazed walnut pieces/halves into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 207 Calories; 9g Fat (38.9% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.

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06-Cranberry-Orange Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	214	
Calories from Fat: 65		
% Daily Values*		
Total Fat	7g	11%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	115mg	5%
Total Carbohydrates	34g	11%
Dietary Fiber	4g	16%
Protein	4g	
Vitamin A		1%
Vitamin C		1%
Calcium		7%
Iron		8%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18

Preparation Time: 35 minutes

Notes: - An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).
- This makes a crispy/crunchy cookie. See the beginning of this cookie chapter for how to make cookies softer.

DRY INGREDIENTS

1/2 cup brown rice flour (or whole wheat pastry flour)
1/2 cup millet flour (or brown rice flour) (or whole wheat pastry flour)
1 1/2 cups sorghum flour
2 tablespoons pumpkin seeds, ground
2 tablespoons poppy seeds, ground
1/4 cup ground flax seed
4 tablespoons tapioca flour
3 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

3/4 cup dried cranberries

WET INGREDIENTS

1/4 cup brown rice syrup
1/3 cup maple syrup
2 tablespoons almond butter
2 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
2 tablespoons vegetable oil spread, non-hydrogenated
1 tablespoon vanilla extract

3 tablespoons Grand Marnier
1 teaspoon orange zest, chopped

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Add the dried cranberries.

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), pecans, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 214 Calories; 7g Fat (30.6% calories from fat); 4g Protein; 34g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 115mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

06-Gingersnaps

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	231	
Calories from Fat: 70		
% Daily Values*		
Total Fat	8g	12%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	102mg	4%
Total Carbohydrates	38g	13%
Dietary Fiber	4g	15%
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		14%
Iron		16%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.
- See the "Glossary of Ingredients" for information about making ginger juice.

DRY INGREDIENTS
1 cup brown rice flour (or whole wheat pastry flour)
1/2 cup whole-grain teff flour (or whole wheat pastry flour)
1 1/2 cups sorghum flour (or whole wheat pastry flour)
2 tablespoons pumpkin seeds, ground
2 tablespoons poppy seeds, ground
2 tablespoons tapioca flour
3 tablespoons ground flax seed
1/2 cup pecans, ground
6 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

WET INGREDIENTS
1/2 cup molasses, blackstrap
1/3 cup brown rice syrup
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract
1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)

GARNISH
2 tablespoons pecans (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing the pecans into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), cashews, walnuts, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 231 Calories; 8g Fat (30.3% calories from fat); 3g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

06-Lemon-Almond-Fennel Biscotti

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving		
Calories	213	
Calories from Fat: 81		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	2g	11%
Cholesterol	0mg	0%
Sodium	98mg	4%
Total Carbohydrates	30g	10%
Dietary Fiber	3g	10%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		7%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18

Preparation Time: 35 minutes

Notes: - A biscotti without egg whites!
- An easy way to grind flax seeds is in a coffee grinder.
- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

DRY INGREDIENTS

3/4 cup brown rice flour (or whole wheat pastry flour)
1 3/4 cups sorghum flour (or whole wheat pastry flour)
1/4 cup ground flax seed
4 tablespoons tapioca flour
1/2 cup almonds, ground
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
1 teaspoon ground fennel seed

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2 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

1/2 cup almonds, whole

WET INGREDIENTS

1/3 cup maple syrup
1/4 cup brown rice syrup
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract
1 teaspoon lemon extract

GLAZE

1 tablespoon light agave nectar syrup

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in almonds.

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form together logs with your hands. If the dough is too dry to form logs, sprinkle oil 1 tablespoon at a time until logs can be formed.)

Shape dough into two logs shaped similarly to a flat/short loaf of bread. They may be a bit crumbly, but should bake together nicely. Place on the cookie sheet.

Bake for about 20 minutes. To prevent the bottoms of the logs from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the logs are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

Remove logs from oven.
After removing the cookie sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.
Cool for about 20 minutes.

When cool, transfer each log to a cutting board, and with a very sharp knife, cut the log into "slices" just like bread (except this will be much flatter/shorter than a loaf of bread). Place biscotti back onto the cookie sheet. Cut as gently as possible to minimize crumbling. You should be able to press some of the pieces that fall off back onto the cut biscotti. Don't worry if the cut biscotti seem quite crumbly; after they are baked again in the next step, the biscotti will stick together better.

GLAZE
Brush the agave syrup glaze onto the tops of the biscotti.
Bake again at 300 degrees F (150 degrees C) for 25 to 40 minutes (until they are only slightly moist) (this dries them out, and creates a good crunchy cookie to have with herbal tea or grain coffee).

VARIATIONS:
- "Lime-Almond-Fennel Biscotti" - use lime oil/extract in place of lemon oil/extract.
- Alternative nuts can be used such as: hazelnuts (filberts), pecans, walnuts, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, orange zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 213 Calories; 9g Fat (38.1% calories from fat); 4g Protein; 30g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 98mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.

This Free Vegan Cookbook Available at http://www.vitalita.com/

06-Malt Cookies

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving		
Calories	164	
Calories from Fat: 51		
% Daily Values*		
Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	73mg	3%
Total Carbohydrates	27g	9%
Dietary Fiber	2g	9%
Protein	2g	
Vitamin A		0%
Vitamin C		0%
Calcium		4%
Iron		5%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.
DRY INGREDIENTS
1 1/2 cups brown rice flour (or whole wheat pastry flour)
1/2 cup whole-grain teff flour (or whole wheat pastry flour)
1 cup sorghum flour (or whole wheat pastry flour)
1/4 cup sesame seeds, ground
2 tablespoons tapioca flour
3 tablespoons ground flax seed
2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
3 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

WET INGREDIENTS
1/2 cup millet malt syrup
1/4 cup brown rice syrup
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 teaspoon vanilla extract

GARNISH
2 tablespoons walnut halves (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Garnish cookies by pressing the walnuts into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. To avoid the cookies cooling to a very crisp state, don't bake too long. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the millet/brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 164 Calories; 6g Fat (31.2% calories from fat); 2g Protein; 27g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 73mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat; 1 Other Carbohydrates.

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06-Maple-Pecan Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories	232	
Calories from Fat: 92		
% Daily Values*		
Total Fat	11g	17%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	97mg	4%
Total Carbohydrates	33g	11%
Dietary Fiber	4g	16%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		5%
Iron		8%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18
Preparation Time: 35 minutes
Notes: - An easy way to grind flax seeds is in a coffee grinder.
DRY INGREDIENTS
1 cup brown rice flour (or whole wheat pastry flour)
1 1/2 cups sorghum flour
2 tablespoons tapioca flour
1/4 cup ground flax seed
1/2 cup pecans, ground very fine
3 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)
---
2 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

1/2 cup pecans (pieces or halves)
60 grams chocolate, bittersweet, dairy-free, optional (cut in chunks) (about 1/2 cup when cut) (or 1/2 cup dairy-free chocolate chips)

WET INGREDIENTS
1/3 cup maple syrup
1/4 cup brown rice syrup
3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon vanilla extract

GARNISH
2 tablespoons pecans (pieces or halves)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife). Mix in the pecans (either pieces or halves). Optionally mix in the chocolate (chunks or chips).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely. Garnish cookies by pressing pecan halves/pieces into the tops of the cookies.

Bake for about 20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative nuts can be used such as: almonds, hazelnuts (filberts), cashews, walnuts, etc.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 232 Calories; 11g Fat (39.7% calories from fat); 4g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1 Other Carbohydrates.

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06-Molasses Cookies

Servings: 24
Preparation Time: 35 minutes

Nutrition Facts

Servings per Recipe 24

Amount Per Serving		
Calories	222	
Calories from Fat: 78		
% Daily Values*		
Total Fat	9g	14%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	157mg	7%
Total Carbohydrates	34g	11%
Dietary Fiber	3g	13%
Protein	3g	
Vitamin A		5%
Vitamin C		0%
Calcium		13%
Iron		17%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - An easy way to grind flax seeds is in a coffee grinder.

DRY INGREDIENTS
1 cup brown rice flour (or whole wheat pastry flour)
1 1/4 cups millet flour (or brown rice flour) (or whole wheat pastry flour)
1 1/4 cups sorghum flour (or whole wheat pastry flour)
2 tablespoons tapioca flour
4 tablespoons ground flax seed
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons cinnamon
1 teaspoon ground cloves
1 teaspoon ground ginger
2 teaspoons baking powder (double acting)
---
3 tablespoons vegetable shortening, non-hydrogenated (or coconut oil) (or high oleic sunflower oil)

WET INGREDIENTS
3/4 cup blackstrap molasses
3/4 cup vegetable oil spread, non-hydrogenated
2 teaspoons vanilla extract

GARNISH
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut shortening (or oil) into flour mixture (using a fork and a knife).

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough (about the size of whole walnuts in a shell), roll in garnishing sugar, and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. To avoid the cookies cooling to a very crisp state, don't bake too long. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the millet/brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 222 Calories; 9g Fat (34.9% calories from fat); 3g Protein; 34g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 157mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

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06-Nutmeg-Butterscotch Cookies

Servings: 24
Preparation Time: 35 minutes

Nutrition Facts

Servings per Recipe 24

Amount Per Serving

Calories	228	
Calories from Fat: 103		
% Daily Values*		
Total Fat	12g	18%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	93mg	4%
Total Carbohydrates	28g	9%
Dietary Fiber	3g	12%
Protein	5g	
Vitamin A		1%
Vitamin C		1%
Calcium		5%
Iron		9%

** Percent Daily Values are based on a 2000 calorie diet.*

Notes: - An easy way to grind hemp seeds is in a coffee grinder.

DRY INGREDIENTS
1 1/2 cups brown rice flour (or whole wheat pastry flour)
1/4 cup amaranth flour (or whole wheat pastry flour)
3/4 cup sorghum flour (or whole wheat pastry flour)
1/2 cup brown rice protein powder (or soy protein powder)
2 tablespoons tapioca flour
1/2 cup ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
3/4 tablespoon evaporated palm sugar (or unrefined granulated sugar such as Rapadura or Sucanat) (or any granulated sugar)
1 tablespoon nutmeg
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)

WET INGREDIENTS
1/2 cup tapioca syrup (or brown rice syrup)
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 cup sunflower seed butter (or almond butter)
1/2 tablespoon butterscotch flavor
1 tablespoon vanilla extract
3 tablespoons vegetable oil spread, non-hydrogenated

GARNISH
1/2 cup non-dairy white chocolate chips (or a white chocolate bar cut into squares)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl.

WET INGREDIENTS
If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or using a powerful mixer.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Garnish cookies by pressing the white chocolate chips into the tops of the cookies.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. To avoid the cookies cooling to a very crisp state, don't bake too long. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the millet/brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 228 Calories; 12g Fat (45.2% calories from fat); 5g Protein; 28g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 93mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Fat; 1/2 Other Carbohydrates.

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06-Oatmeal-Banana Cookies

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories	262	
Calories from Fat: 128		
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	5g	25%
Cholesterol	0mg	0%
Sodium	97mg	4%
Total Carbohydrates	30g	10%
Dietary Fiber	4g	14%
Protein	5g	
Vitamin A		1%
Vitamin C		1%
Calcium		10%
Iron		10%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 18

Preparation Time: 35 minutes

Notes: - GLUTEN NOTE: This is one of the few recipes in this cookbook that contains oats (which may contain gluten - see "Glossary of Ingredients"). I have included this recipe because I wanted to provide an traditional oatmeal cookie recipe. If you wanted to avoid any possibility of gluten (and therefore the oats), you could use other rolled grains (such as rolled rice or even just brown rice flour - or try puffed rice or puffed millet for something different) in place of the rolled oats.

- This makes a soft cookie. See the beginning of this cookie chapter for how to make cookies crunchier/crispier.

- An easy way to grind flax seeds is in a coffee grinder.

- An easy way to make tapioca flour is by grinding old fashion pearl tapioca in a coffee grinder (see the "Glossary of Ingredients" for more information on making or buying tapioca flour).

DRY INGREDIENTS

1 1/2 cups rolled oats

1/2 cup brown rice flour (or whole wheat pastry flour)

1/2 cup millet flour (or brown rice flour) (or whole wheat pastry flour)

1/4 cup ground flax seed

4 tablespoons tapioca flour

1/2 cup sesame seeds, ground

2 tablespoons unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)

3/8 teaspoon sea salt

2 teaspoons ground cinnamon

2 teaspoons baking powder (double acting)

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3 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)

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1 cup walnuts, chopped

1/2 cup fruit juice sweetened dried banana spears, diced

WET INGREDIENTS

1/4 cup brown rice syrup

1/3 cup maple syrup

3 tablespoons high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")

1/2 tablespoon vanilla extract

1 teaspoon banana extract
1 tablespoon almond butter (optional)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl. Cut coconut oil (or shortening or oil) into flour mixture (using a fork and a knife). Mix in chopped walnuts and fruit juice sweetened dried banana spears that have been diced into raisin-sized pieces.

WET INGREDIENTS
Blend wet ingredients in a separate bowl.

FINISHING
Add the wet mixture to the dry mixture, and mix together. It may seem a bit dry at first, but once you get all the ingredients integrated, it will form a slightly sticky, shapable dough. (If other flours besides those being called for are used, additional flour may be needed to create a stiff enough dough. The dough is too wet if you can not form cookies with your hands. If the dough is too dry to form cookies, sprinkle oil 1 tablespoon at a time until cookies can be formed.)

Form balls of dough and place on the cookie sheet (or sheets). They may be a bit crumbly, but should bake together nicely.

Bake for about 15-20 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, they will be quite soft. This is partially due to the fact that the brown rice syrup "melts" during baking. Let the cookies sit on the cookie sheet for 5 to 10 minutes to allow them to cool and firm up. They will then be much easier to remove from the sheet. If you wait too long before removing them from the sheet, it will be more difficult to get them off because the brown rice syrup will have hardened too much.

Cookies freeze very well.

VARIATIONS:
- "Oatmeal-Raisin Cookies" - use raisins in place of dried bananas.
- Alternative flavorings can be added such as: amaretto or other liqueur, dark chocolate chunks, lemon zest, grain coffee, carob, spices, etc.

Per Serving (excluding unknown items): 262 Calories; 15g Fat (48.8% calories from fat); 5g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 97mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

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06-Peanut Butter-Chocolate Chunk Cookies

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving		
Calories	235	
Calories from Fat: 107		
% Daily Values*		
Total Fat	12g	19%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	176mg	7%
Total Carbohydrates	28g	9%
Dietary Fiber	2g	9%
Protein	5g	
Vitamin A		3%
Vitamin C		0%
Calcium		3%
Iron		6%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24
Preparation Time: 35 minutes
Notes: - A very traditional cookie
DRY INGREDIENTS
1 1/2 cups brown rice flour (or whole wheat pastry flour)
1/2 cup sorghum flour (or whole wheat pastry flour)
1/4 cup soy flour (or whole wheat pastry flour)
1/4 teaspoon sea salt
3/4 teaspoon baking soda
1/2 teaspoon baking powder (double acting)
1 teaspoon cinnamon (or nutmeg for something different)

WET INGREDIENTS
3/4 cup maple syrup
1 cup peanut butter
1 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
1/2 cup vegetable oil spread, non-hydrogenated
1 tablespoon vanilla extract

1/2 cup chopped peanuts, toasted
85 grams chocolate, bittersweet, dairy-free, cut in chunks (about 3/4 cup when cut) (or 3/4 cup dairy-free chocolate chips)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on a baking sheet (if you don't have parchment paper, you can oil your baking sheet). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a large bowl.

WET INGREDIENTS
If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or using a powerful mixer.

FINISHING
Add the dry mixture to the wet mixture. Process the dry into the wet using the food processor (if the processor can handle it), by hand, or using a powerful mixer.

Place dough in a bowl and mix in the chopped peanuts and chocolate chunks (could be almost like kneading depending on the consistency of your dough).

Form balls of dough and place on the cookie sheet (or sheets).

Bake for about 15 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

Yield: 24 cookies

Per Serving (excluding unknown items): 235 Calories; 12g Fat (45.5% calories from fat); 5g Protein; 28g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 176mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Fat; 1 Other Carbohydrates.

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06-Peanut Butter-Gingersnap Cookies

Nutrition Facts

Servings per Recipe: 36

Amount Per Serving		
Calories	133	
Calories from Fat: 42		
% Daily Values*		
Total Fat	5g	7%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	81mg	3%
Total Carbohydrates	21g	7%
Dietary Fiber	2g	6%
Protein	3g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		4%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 36
Preparation Time: 35 minutes
Notes: - See the "Glossary of Ingredients" for information about making ginger juice.

DRY INGREDIENTS
2 1/2 cups brown rice flour (or whole wheat pastry flour)
1/2 cup sorghum flour (or whole wheat pastry flour)
1 cup rolled oats (or whole wheat pastry flour)
1/4 teaspoon sea salt
3/4 teaspoon baking soda
1/2 teaspoon baking powder (double acting)
1/4 teaspoon nutmeg

WET INGREDIENTS
1/4 cup brown rice syrup
1/4 cup molasses
3/4 cup peanut butter
1 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3 tablespoons unrefined coconut oil (or non-hydrogenated veg. shortening) (or high oleic sunflower oil)
1 tablespoon vanilla extract
1 tablespoon ginger juice, fresh (squeezed from fresh, grated ginger root)

GARNISH
3 tablespoons peanuts, dry-roasted (halves or chopped)

Preheat oven to 350 degrees F (175 degrees C).

Put parchment paper down on 2 baking sheets (if you don't have parchment paper, you can oil your baking sheets). Cookies can even stick a little to a non-stick baking sheet which messes up the cookies, so I greatly prefer parchment paper because it always makes for very easy removal.

DRY INGREDIENTS
Combine dry ingredients in a bowl.

WET INGREDIENTS

If you have a strong food processor, blend wet ingredients in a food processor; otherwise, beat the wet ingredients in a bowl by hand or using a powerful mixer.

FINISHING
Add the dry mixture to the wet mixture. Process the dry into the wet using the food processor (if the processor can handle it), by hand, or using a powerful mixer.

Form balls of dough and place on the cookie sheets.

Garnish cookies by pressing peanuts into the tops of the cookies.

Bake for about 12 minutes. To prevent the bottoms of the cookies from burning, you may like to place an extra cookie sheet near the bottom of the oven to protect the main cookie sheet from the oven heating element. When the cookies are finished, they will brown just slightly on the bottom. When removing the cookies sheets from the oven, place them on a heat resistant cooling rack (or other elevated surface) so that air can circulate underneath the sheet.

After removing cookies from oven, let them sit for a couple minutes before removing them from the cookie sheets. This allows them to firm up for easier removal.

Cookies freeze very well.

VARIATIONS:
- Alternative flavorings can be added such as: amaretto or other liqueur, carob, cardamom or other spices, etc.

Per Serving (excluding unknown items): 133 Calories; 5g Fat (31.3% calories from fat); 3g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 81mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

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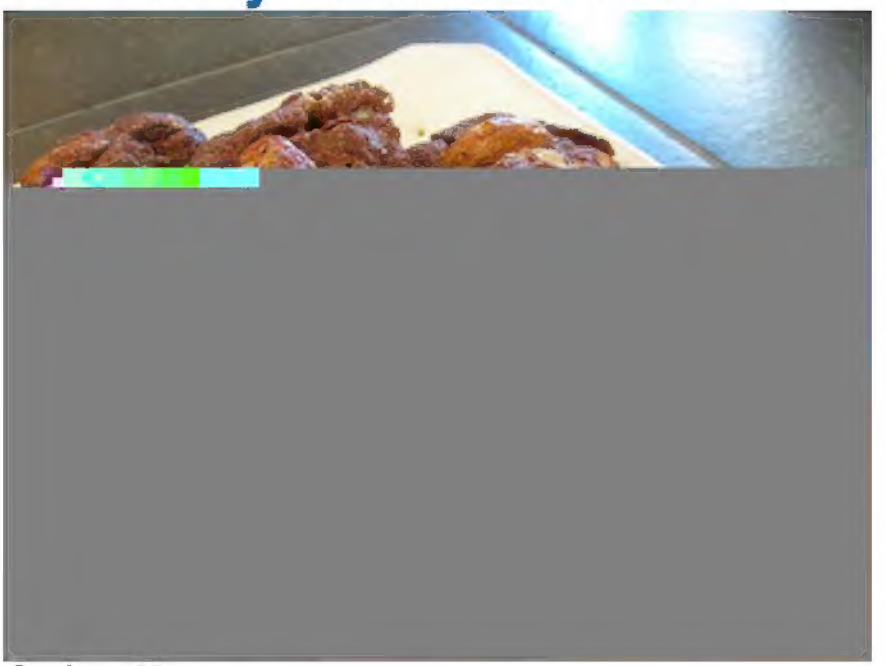
06-Rocky Road Cookies



Nutrition Facts

Servings per Recipe: 24

Amount Per Serving		
Calories	225	
Calories from Fat: 82		
% Daily Values*		
Total Fat	10g	15%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	77mg	3%
Total Carbohydrates	33g	11%
Dietary Fiber	3g	12%
Protein	4g	
Vitamin A		0%
Vitamin C		0%
Calcium		6%
Iron		8%

** Percent Daily Values are based on a 2000 calorie diet.*

Servings: 24
Preparation Time: 35 minutes

3/4 cup almonds
3 tablespoons maple syrup
1 tablespoon chocolate extract (or chocolate liqueur/syrup/flavoring)

DRY INGREDIENTS
1/2 cup brown rice flour (or whole wheat pastry flour)
1 cup sorghum flour (or brown rice flour) (or whole wheat pastry flour)
3/4 cup millet flour (or brown rice flour) (or whole wheat pastry flour)
1/2 cup cocoa
2 tablespoons tapioca flour
1/2 cup ground hemp seeds (or half ground flax seeds and half ground sesame seeds)
1/2 cup unrefined granulated sugar (such as Rapadura or Sucanat) (or any granulated sugar)
3/8 teaspoon sea salt
2 teaspoons baking powder (double acting)

1/2 cup vegan marshmallows, diced (or torn in to approx pea sized bits)
40 grams chocolate, bittersweet, dairy-free, cut in chunks (about 1/3 cup when cut) (or 1/3 cup dairy-free chocolate chips)

WET INGREDIENTS
1/3 cup brown rice syrup
1/4 cup high oleic sunflower oil (or coconut oil) (or other oil high in monounsaturated fat as listed in "Dessert Notes" under "Oils")
1 tablespoon chocolate extract (or chocolate liqueur/syrup/flavoring)
2 tablespoons light agave nectar syrup (or maple syrup)
1 tablespoon vanilla extract
1/2 cup sunflower seed butter (or almond butter)

Toast almonds in a pan. Once toasted, add maple syrup and chocolate extract to glaze the nuts. Cook until maple